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BRAVE GIRLS

A DAY MEANT TO CELEBRATE YOUNG ACTIVISTS IS MARKED WITH SADNESS AFTER A RUTHLESS TALIBAN ATTACK ON MALALA YOUSAFZAI PAGES 20-21

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With the NHL locked out, Metro speaks to the people who play for love

BLADES ... NO GLORY

PAGE 66

Pastor who urged burning of Qur'an to speak in T.O.

Freedom-of-speech event. Rev. Terry Jones caused outrage when he planned International Burn a Qur'an Day in New York in 2010

The American pastor who gained fame by threatening to burn the Qur'an says he looks forward to speaking at a Toronto event Thursday about the freedom of speech.

Rev. Terry Jones of Florida's Dove World Outreach Centre will drive through Detroit Thursday morning to attend the event, Freedom Showdown, at the front lawn of the Ontario legislature. Jones caused an international outrage in 2010, when he planned the International Burn a Qur'an Day in New York City to mark the ninth anniversary of the Sept. 11 attacks.

"Our very freedom, the foundation of western society is based upon the freedom of speech, the freedom of religion and the freedom of press. No matter what, we must protect those things that make us who we are," Jones told Torstar News Service Wednesday.

Jones, who is banned from Britain and Germany, said Toronto police have contacted him regarding his visit, but no one has informed him he would be turned back at the border for his perceived anti-Muslim views.

American citizens do not need visas to visit Canada, but they can be banned for involvement in human-rights violations, in criminal activity, security, health or financial reasons. A spokesperson for Canada Border Service Agency refused to say if Jones would be sent back at the border.

Ihsaan Gardee of the Council on American-Islamic Relations Canada said the Muslim community values the freedom of expression enshrined in the Canadian Charter of Rights and Freedoms.

"We are not calling on the government to deny him entry, but we would like consistent standards be applied. people are selectively banned from coming here," said Gardee, referring to the ban of British MP George Galloway by Ottawa in 2009, allegedly for his support for Hamas, which is classified as a terrorist group in Canada.

TORSTAR NEWS SERVICE

Limited freedoms?

"Freedom of speech in Canada is somewhat limited compared to America. That's what I've been warned — certain things you're not allowed to say there."

Rev. Terry Jones

Who will support Toronto's 1%?

Ex-mayoral candidate is championing a 1% sales tax to build subways PAGE 3

Armstrong's old teammate dishes

Toronto cyclist Michael Barry admits to doping while on the pro circuit PAGE 68

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Commuting

Community group seeks to curb gridlock

Thirty-two minutes a day: It's the equivalent of eight days a year. That's how much time the average Toronto-area commute is expected to grow in the next 25 years if the region fails to act on a $50-billion public-transit expansion.

Now a group called the Greater Toronto Civic-Action Alliance is asking residents: "What would you do with 32?"

The idea is to get people thinking about how they might better spend that 32 minutes.

"The time and productivity we lose in gridlock is costing us $6 billion a year," CivicAction CEO Mitzie Hunter said on Wednesday. "This number will only get worse if nothing is done."

CivicAction will conduct public discussions about gridlock and the taxes and levies that could be dedicated to transit expansion.

TORSTAR NEWS SERVICE

Mississauga

McCallion lone voice for land transfer tax

Mississauga councillors slapped down Mayor Hazel McCallion's efforts on Wednesday to support a land-transfer tax that would have helped to contain the city's looming budget crisis.

Councillors were concerned that the tax would come on top of recent changes to mortgage rates that have made it harder to buy a home.

But a frustrated McCallion fired back, warning councillors the city needs money to repair crumbling infrastructure and boost development.

TORSTAR NEWS SERVICE

Sarah Thomson strolls with fellow mayoral candidate George Smitherman in September 2010. Thomson has re-entered public life to campaign for a one per cent Toronto sales tax to build subways. DAVID COOPER/TORSTAR NEWS SERVICE

Former mayoral contender supports subway tax

Sarah Thomson. Mayor Ford's one-time rival helps launch campaign for a 1% sales tax for transit

The 1% Solution

"We need subways and we're never going to get it underway if we keep waiting on handouts from other levels of government .... It hasn't come in 40 years, so that's why we've got to take the initiative."

Sarah Thomson, supporter of a campaign for the Toronto Transit Alliance

As city councillors debate which taxes or fees should be dedicated to transit expansion, one former mayoral candidate has already picked her poison: A one per cent Toronto sales tax to be spent exclusively on building subways.

Sarah Thomson dropped out of the race that put another subway supporter, Rob Ford, in the mayor's office. Unlike Ford, though, Thomson doesn't see the proposed sales tax as a bitter pill to be inflicted on residents. Rather, she says it's the best way to pay for a new downtown east-west subway the city desperately needs.

That's why the publisher of the Women's Post agreed to front the 1% Solution: Unlock the Gridlock, a campaign for the Toronto Transit Alliance.

The group of business leaders has a Get Toronto Moving website featuring a network of proposed subways intersecting with the existing lines. It includes the proposed route widely referred to as the downtown relief line, running down from Eglinton and east-west through the south end of the city.

"We know there are all different types of transit we need, and we need it quickly," Thomson said.

Thomson believes it will take a two-year campaign of informing residents about the economic costs of gridlock, much like the campaign that convinced residents of Los Angeles to vote for a half-cent sales tax devoted to transit improvement. The Toronto campaign will cost about $1 million, money the group hopes to raise through donations.

"This is why I got into politics to begin with. Now I figure, even though I'm not in, I can still do this," she said.

The 1% Solution campaign is expected to officially kick off this month or in early November.

TORSTAR NEWS SERVICE

Empress Hotel. Serial arsonist admits setting historic building on fire

A 53-year-old man has admitted to setting fire to the historic Empress Hotel building on Yonge Street, and returning the next day to survey the charred ruin.

"I get a kick out of that, watching people get hurt," the serial arsonist told police when describing another of several fires to which he confessed Wednesday.

Stewart Poirier, wearing glasses and moving toothless gums, appeared occasionally agitated as he pleaded guilty to eight charges, before Justice Rebecca Rutherford at the College Park provincial court.

The charges include attempted murder, breach of probation, mischief endangering life, threatening death and four counts of arson.

Crown prosecutor Rita Maxwell confirmed she will seek a jail sentence of 10 to 12 years.

The occasionally homeless man with mental problems remains in custody and returns Nov. 16 for sentencing.

The investigation of the Empress Hotel fire continues, despite Poirier's guilty plea, police Det. Deb Harris said outside court. The fire, early on Jan. 3, 2011, destroyed the designated heritage building on Yonge St., a block north of Dundas St.

Harris would not comment when asked if she was investigating whether someone had paid Poirier to set fire to the empty 124-year-old building, which had previously suffered from a wall collapse in 2010.

"I can't tell you if someone paid him or not, but I can tell you it's still open, given information that was provided by Mr. Poirier," Harris told the Toronto Star.

Poirier was captured on security cameras the day before the Empress fire, as well as shortly before and after the blaze. Poirier poured the gasoline on the floor of the third storey and used a lighter to ignite it. The six-alarm blaze took 125 firefighters to extinguish, injuring two. TORSTAR NEWS SERVICE

Spring frost

Scouts' Apple Day faces a supply problem

A frosty spring may nip Scouts Canada's profits in the fall.

Ontario Scouts are paying a premium to supply Apple Day this year after Ontario farmers lost upwards of 90 per cent of their crop to a spring frost.

Scouts, Cubs and Beavers will head out for the annual fundraiser that offers an apple as a thank-you for donations to the individual troops.

Scouts in the GTA raise upwards of $150,000 on the two-day event, but with scarce crops, the price per bushel jumped more than 50 per cent.

The most affected are the smaller groups, such as Toronto's 469th Troop, in the Malvern neighbourhood. Leader Isabel Scott said that last year the troop raised $1,000 from Apple Day, funds they used to offset a January camping trip to Durham Forest near Uxbridge.

TORSTAR NEWS SERVICE

Christopher Husbands, the alleged Eaton Centre shooter, arrives in court in Toronto on June 4. He has been found guilty of non-consensual sex with a woman in her 20s. CHRIS YOUNG/THE CANADIAN PRESS

Husbands guilty of sexual assault: Verdict

Eaton Centre shooting. Alleged shooter was under bail conditions at the time stemming from sex assault case

Christopher Husbands, the man charged in the Eaton Centre multiple shooting, was convicted by a judge of sexual assault Wednesday.

Justice Rick Libman found Husbands, 23, guilty in a November 2010 incident, in which Husbands was found to have engaged in non-consensual sex with a woman in her 20s, who was known to him. Husbands was 21 at the time.

A publication ban prohibits identifying the victim.

Husbands was placed under house arrest as part of the bail conditions after his arrest. He was ordered not to be in possession of a weapon, or to leave his home without one of his designated sureties — conditions that would still have been in place at the time of the Eaton Centre shooting.

According to evidence heard by the judge in the Ontario Court of Justice, Husbands went to the victim's apartment on an early November evening. The two had an argument, and afterward the victim went to her bedroom and lay awake crying, according to the victim's testimony summarized by Justice Libman.

It was alleged that Husbands entered the bedroom and proceeded to engage in sexual activity, to which Crown attorney Jennifer Lofft argued the victim did not consent.

Libman said in his judgment that he found Husbands' account of the incident "implausible."

TORSTAR NEWS SERVICE

Courtroom

Christopher Husbands stared straight ahead and didn't react to the verdict. He will be sentenced Oct. 23.

- Husbands is charged with two counts of first-degree murder and five counts of attempted murder in the Eaton Centre shooting last June, which killed two people and injured five others. Husbands remains in custody on those charges.

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CHARTER RIGHTS ARE FOR EVERYONE

Open letter to the people of Ontario

Teachers, education workers, support staff, and education professionals work with students every day to prepare them to be active participants in our democratic society. We teach children to be respectful and we work to ensure that each one reaches his or her potential, understanding what it means to be a good citizen.

In September, the Ontario Liberal government, supported by the Progressive Conservative Party, passed Bill 115. This legislation is an unprecedented attack on free collective bargaining rights. Collective bargaining gives employees a voice in determining their wages and working conditions, and has, historically, set the stage for the benefits we all now enjoy, such as health care and CPP.

Bill 115 undermines the guarantees made to all Canadians under the Charter of Rights and Freedoms. And even though it affects the education sector today, it sets a dangerous precedent for all Ontarians in the future. In fact, the government is already threatening other public sector workers.

Those of us who have signed this letter understand that the most important lesson we can teach our children is that standing up for what is right is important; defending our democratic rights is critical. We the undersigned are opposed to this legislation and any that denies people their fundamental rights.

Sam Hammond, President, Elementary Teachers' Federation of Ontario
Fred Hahn, President, Canadian Union of Public Employees, Ontario
Warren (Smokey) Thomas, President, Ontario Public Services Employees Union
Ken Coran, President, Ontario Secondary School Teachers' Federation
ACTRA National
Constance Adamson, President, Ontario Confederation of University Faculty Associations
Gilles Arsenault, President, Prince Edward Island Teachers' Federation
Chris Aylward, National Executive Vice-President, Public Service Alliance of Canada
Judy Bates, Geography Dept., Sir Wilfrid Laurier University
Robyn Benson, President, Public Service Alliance of Canada
Suzanne Bourgeois, President, Association des enseignantes et des enseignants francophones du Nouveau-Brunswick
Ed Broadbent, Founder, Broadbent Institute
Brian E. Brown, President, University of Windsor Faculty Association
John Cartwright, President, Toronto & York Region Labour Council
James Clancy, President, National Union of Public and General Employees
Lily Cole, President, Newfoundland & Labrador Teachers' Association
James Compton, Faculty of Information & Media Studies, Western University
Sharon de Sousa, Regional Executive Vice-President, Public Service Alliance of Canada
Nathalie Des Rosiers, Canadian Civil Liberties Association
Johanne Droliet, Canadian Association of Labour Lawyers
Wayne Fraser, President, United Steelworkers, District 6
Ken Georgetti, President, Canadian Labour Congress
Richard Goldfinch, President, Quebec Provincial Association of Teachers
Alan Hall, Labour Studies Dept., University of Windsor
Linda Haslam-Stroud, President, Ontario Nurses' Association
Carol Henderson, President, Alberta Teachers' Association
Todd Horton, Schulich School of Education, Nipissing University
Leslie Jermyn, Anthropology Dept., York University
Colin Keess, President, Saskatchewan Teachers' Federation
Sarah Jayne King, Ontario Chairperson, Canadian Federation of Students
Naomi Klein, Author
Glenna Knutson, President, Lakehead University Faculty Association
Kirsten Kozolanka, School of Journalism & Communication, Carleton University
Susan Lambert, President, British Columbia Teachers' Federation
Robin Langill, President, Nunavut Teachers' Association
Kate Lawson, English Dept., University of Waterloo
Ken Lewenza, President, Canadian Auto Workers
Hugh Mackenzie, Economist
Katherine Mackwood, President, Yukon Teachers' Association
Mark McKinnon, President, Ontario Professional Firefighters Association
Linda McQuaig, Author
Natalie Mehra, Executive Director, Ontario Health Coalition
Gayla Meredith, President, Northwest Territories Teachers' Association
Shelley Morse, President, Nova Scotia Teachers Union
Winnie Ng, CAW Sam Gindin Chair in Social Justice & Democracy, Ryerson University
Sheila Olan-MacLean, Chair, Ontario Coalition for Better Child Care
Paul Olson, President, Manitoba Teachers' Society
Tom Puk, Ecological Education Dept., Lakehead University
Judy Rebick, Writer, Founder rabble.ca
Linda Rose-Krasnor, Psychology Dept., Brock University
Mark Rosenfeld, Executive Director, Ontario Confederation of University Faculty Associations
Christian Rouillard, School of Political Studies, University of Ottawa
Sid Ryan, President, Ontario Federation of Labour
Anver Saloojee, Politics & Public Administration Dept., Ryerson University
Erika Shaker, Director, Canadian Centre for Policy Alternatives
Rodney Sheppard, President, Society of Energy Professionals
Myer Siemiatycki, Jack Layton Chair, Ryerson University
Heather Smith, President, New Brunswick Teachers' Association
Premi Stewart, Sociology Dept., York University
Sharleen Stewart, President, Service Employees International Union
Paul Taillefer, President, Canadian Teachers' Federation
James L. Turk, Executive Director, Canadian Association of University Teachers
Joel Westheimer, Faculty of Education, University of Ottawa
Sue Wurtele, Geography Dept., Trent University
Paul G. Young, Biology Dept., Queen's University

JOIN US. TELL THE GOVERNMENT TO REPEAL BILL 115.

To download the petition to repeal Bill 115 go to: **tiny.cc/RepealBill115**

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Film fest depicts Brazil beyond samba, soccer and carnival

BRAFFTV. Moviegoers can choose from 47 diverse films in festival

DEENA DOUARA
deena.douara@metronews.ca

Explorations of isolated native populations, Japanese immigration and the Israeli-Palestinian conflict are not, perhaps, what you would expect to see at a Brazilian film festival. But that challenging of expectations is just fine with founder, organizer and actress Barbara de la Fuente.

"Audiences will learn a little about different parts of Brazil."

The Brazilian Film and TV Festival in Toronto (BRAFFTV) — the biggest Brazilian film festival outside the country — opens Thursday at Bloor Hot Docs Cinema. The festival is showcasing 47 diverse films, including shorts, documentaries, animations, dramas and comedies appealing to a wide audience. All films are subtitled and, perhaps surprisingly, the majority of movie-goers are not Brazilian.

Many of this year's submissions had obvious political themes. De la Fuente explains that as Brazilian cinema develops and as films access wider audiences, directors are exploring issues from around the world. "Universal issues are becoming part of our cinema."

The organizers did not purposefully curate political films, however, with the criteria instead focused on "universal messages and good quality."

Brazil doesn't have big production companies like in the U.S. and productions more closely resemble independent films. As a result, films are more story-based, with "less visual effects, more centralized relationships and visually beautiful (cinematography)."

One of de la Fuente's favourites in the festival is the dark comedy Two Rabbits, which she says is "very modern and very edgy," with all the right elements, including a great cast, impressive effects and strong storyline.

She also praises the opening night film Xingu, which presents a history of Brazil she says most Brazilians are unaware of, exploring a true-life story of isolated native communities and a struggle for their rights. De la Fuente thinks audiences will come away with a different conception of the Amazon.

Also playing is Clown, a poetic comedy-drama competing for this year's foreign-language Oscar.

How Brazil is portrayed through the films "shouldn't be a consideration," says de la Fuente. While many of the films show positive aspects of the culture, negatives — such as the country's renowned violence — are also depicted. "It is a part of Brazil ... Every place has its positives and negatives."

For more information, visit brafftv.com.

Where and when

- **Festival:** Oct. 11-14
- **Opening gala:** Xingu, Oct. 11 at 6:45 p.m.
- **Documentary workshop:** Oct. 13 at 10 a.m., free

A scene from Xingu, named after the indigenous people of the Amazon, which opens BRAFFTV Thursday. CONTRIBUTED

Alleged libel

Man faces charge over nude photos

An Oshawa man is facing a charge for allegedly forwarding nude and pornographic cellphone pictures of his former girlfriend to her friends, family and co-workers.

The relationship fell apart earlier this year, and investigators allege the man sent the photos by text message and email last month to people his ex knew. Police have charged the man with defamatory libel, which is punishable by up to five years in prison on conviction. THE CANADIAN PRESS

Seniors scam

Jewelry thieves on loose in GTA

Toronto police are warning the public about a GTA-wide jewelry theft ring targeting seniors and elderly Italian women.

The scam artists target pedestrians by asking for help or directions. When victims oblige, the suspect embraces them, surreptitiously removing jewelry. TORSTAR NEWS SERVICE

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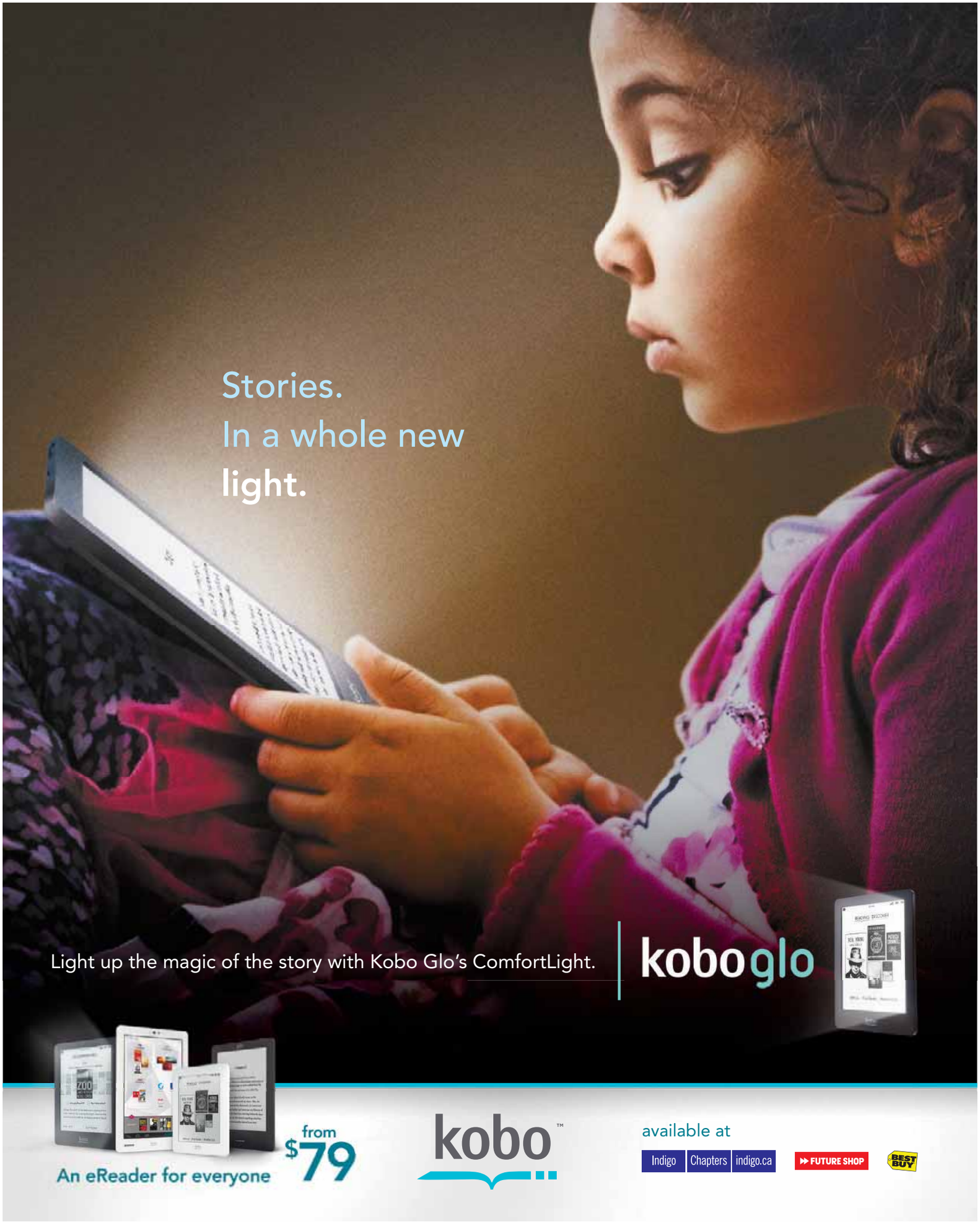
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Surprise plea. Navy officer admits guilt in East Coast spy case

A navy intelligence officer rose before a judge in a Halifax court Wednesday to plead guilty to espionage.

His plea will make him the first person in Canada to be convicted under the Security of Information Act.

Sub-Lt. Jeffrey Paul Delisle, 41, showed no emotion as he acknowledged he understood the consequences of entering a guilty plea.

Defence lawyer Mike Taylor said Delisle decided to end the matter that raised uneasy questions about Canada's relations with its closest allies.

"He just wants to move forward, he wants to get it done, put it behind him," Taylor said outside court.

The sentencing hearing is set for Jan. 10.

THE CANADIAN PRESS

The man

Sub-Lt. Jeffrey Paul Delisle gained officer status in 2008.

- **Listening post.** He worked at Trinity, a military intelligence centre on the East Coast. Experts say it provides tactical assessments for Canadian warships and aircraft.

Probation problem?

Anti-Muslim film man faces hearing

The man behind an anti-Muslim film that sparked violence in the Middle East denied Wednesday he violated his probation from a 2010 bank fraud conviction.

A judge in Los Angeles scheduled an evidentiary hearing on Nov. 9 for Mark Basseley Youssef.

Youssef, 55, went into hiding when violence erupted in Egypt on Sept. 11.

The film depicts Mohammad as a religious fraud, womanizer and pedophile. The violence sparked by the film killed dozens.

THE ASSOCIATED PRESS

One free, two face Siberia: Pussy Riot court shocker

She's free, her comrades are not so lucky: Pussy Riot member Yekaterina Samutsevich leaves a Moscow court surrounded by bailiffs on Wednesday.

YURI TUTOV/THE ASSOCIATED PRESS

World activists stunned. Punk band member walks from court on a technicality — her comrades head to a penal colony

One jailed member of the punk band Pussy Riot unexpectedly walked free from a Moscow court Wednesday.

But her two jailed comrades now head toward a harsh punishment — a penal colony, possibly in Siberia.

Nevertheless, the pair squealed with joy and hugged Yekaterina Samutsevich before she was led from the courtroom to be mobbed by friends and journalists waiting outside on the street.

All three women got two-year sentences in August after they performed a "punk prayer" in Moscow's main cathedral.

Dressed in neon-coloured dresses and tights, they asked the Virgin Mary to save Russia from President Vladimir Putin.

"If we unintentionally offended any believers with our actions, we express our apologies," said Samutsevich, who along with Maria Alekhina and Nadezhda Tolokonnikova spoke in court Wednesday from a glass cage known colloquially as the "aquarium."

"The idea of the protest was political, not religious,'' Samutsevich added.

She was freed on a technicality:

The Moscow City Court ruled her sentence should be suspended because she was thrown out of the cathedral by guards before she could remove her guitar from its case and thus did not take part in the performance.

THE ASSOCIATED PRESS

Quoted

"It is a very cold climate for human rights in Russia right now."

Suzanne Nossel,
executive director,
Amnesty International USA.

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It's a go — or is it? Skydiver sets new date with destiny

Sunday or Monday. But will Mother Nature allow intrepid Felix Baumgartner to make a 37-kilometre supersonic free fall?

Felix Baumgartner was all suited up before his mission was postponed on Tuesday. THE ASSOCIATED PRESS

He's ready for a supersonic free fall. But will Mother Nature let him?

Extreme athlete Felix Baumgartner hopes to make a second attempt to achieve a 37-kilometre skydive over New Mexico on Sunday or Monday.

Baumgartner aborted his mission Tuesday due to high winds. His team had hoped the weather would allow him another try Thursday.

But now they're looking at the next window being Sunday or Monday.

Baumgartner is hoping to become the first skydiver to break the sound barrier by jumping from a capsule floated into the stratosphere by an ultra-thin, 55-storey helium balloon.

The balloon is so delicate it can take off only if winds on the ground are 3.2 km/h. or less.

Baumgartner is disappointed "like the rest of us" but is taking a couple of days of critical downtime, his high-performance athletic trainer, Andy Walshe, said Wednesday.

Team meteorologist Don Day noted during a media briefing at the Roswell launch site that weather delays are common in stratospheric ballooning.

"It takes a lot of patience," said Joe Kittinger, a former Air Force captain whose free-fall record Baumgartner is trying to break.

In his 1960 jump, Kittinger reached 614 mph, or Mach 0.9.

Baumgartner, a former military parachutist from Austria, hopes to reach 690 mph, — or Mach 1.

THE ASSOCIATED PRESS

Two killed in deadly cascade of concrete

"It fell to the ground like a house of cards." That's how eyewitness Victoria Buczynski described the collapse of a parking garage under construction at a community college in Miami on Wednesday. Two people were killed and two others were trapped in the rubble — here, being surveyed by a rescue worker. One person was pulled from the debris, but there was too much concrete around to immediately rescue the other one, who was being treated by a doctor and a paramedic. At least 10 other workers were injured. LYNNE SLADKY/THE ASSOCIATED PRESS

Body stolen

Who knew? Dead man was drug czar

Mexican marines at first had no idea they'd killed the leader of the country's most-feared drug cartel in a gunfight, the navy said Wednesday. Rear Admiral Jose Luis Vergara said Heriberto Lazcano's body was left at a funeral home along with the body of an accomplice after Sunday's gunfight because marines believed he was just a common criminal.

Vergara said authorities only realized they had killed a significant figure when armed men stole the body.

THE ASSOCIATED PRESS

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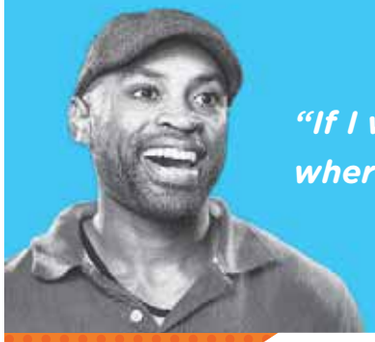

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Open to debate. Egypt releases partial draft of new constitution

The panel writing Egypt's new constitution released a partial draft of the document on Wednesday, calling for a public debate in the face of mounting criticism over Islamists' shaping of the charter.

The campaign, labelled "Know Your Constitution," comes as the 100 members of the assembly are still haggling over controversial articles in the charter, some of which will determine the role of religion in the country's affairs and the independence of the judiciary. The partial draft made public also did not include sections still under debate over the role of the military and the extent of civilian oversight over its budget.

Referendum

- Panel members have said they expected to finish writing the draft charter as early as next month. The new constitution then will have to be put to a public referendum within 30 days.

The panel is dominated by Islamists who have come under mounting criticism from liberals and secularists. They accuse the conservative Islamists of seeking to place limits in the new constitution on religious freedoms and women's rights. THE ASSOCIATED PRESS

Cairo attack

Two dozen acquitted in 'Camel Battle'

An Egyptian court on Wednesday acquitted 24 loyalists of ousted president Hosni Mubarak who had been accused of organizing one of the most dramatic attacks on protesters during last year's uprising, the "Camel Battle," in which assailants on horses and camels charged into crowds in Cairo's Tahrir Square.

The 24 were found innocent on charges of manslaughter and attempted murder. THE ASSOCIATED PRESS

Kenya's president vetoes $110K bonuses for MPs

Pay bill rejected. Head of state says country cannot afford it, after legislators' move sparked public outrage

A protester lies down on the road outside the Kenyan parliament in downtown Nairobi Tuesday to stop members of parliament from leaving. At least 100 people attended the demonstration against MPs who last week quietly awarded themselves a $110,000 bonus for five years of service in parliament. BEN CURTIS/THE ASSOCIATED PRESS

Kenya's president vetoed a move by the country's parliament to award legislators bonuses of up to $110,000 US at the end of their term next year.

The move is unconstitutional and untenable in the country's prevailing economic circumstances, President Mwai Kibaki said late Tuesday.

Kibaki noted recent increases of salaries for teachers and doctors, and said Kenya requires massive resources to implement a new constitution and meet other competing demands in the economy.

The legislators last week quietly awarded themselves the bonuses, sparking public outrage.

On Tuesday, at least 100 people, including a popular Kenyan musician, protested outside parliament shouting "thieves" and urging the president not to approve the pay bill.

Kenya's 222 legislators currently make about $120,000 US a year each. The minimum wage in Nairobi, the capital, is about $1,500 US a year.

Human rights and anti-corruption activists say the motion to increase the parliamentarian's bonus to $110,000 US — a vote that passed Thursday night with only about 30 legislators present — violates the country's 2010 constitution, which does not allow parliament to set its own pay. THE ASSOCIATED PRESS

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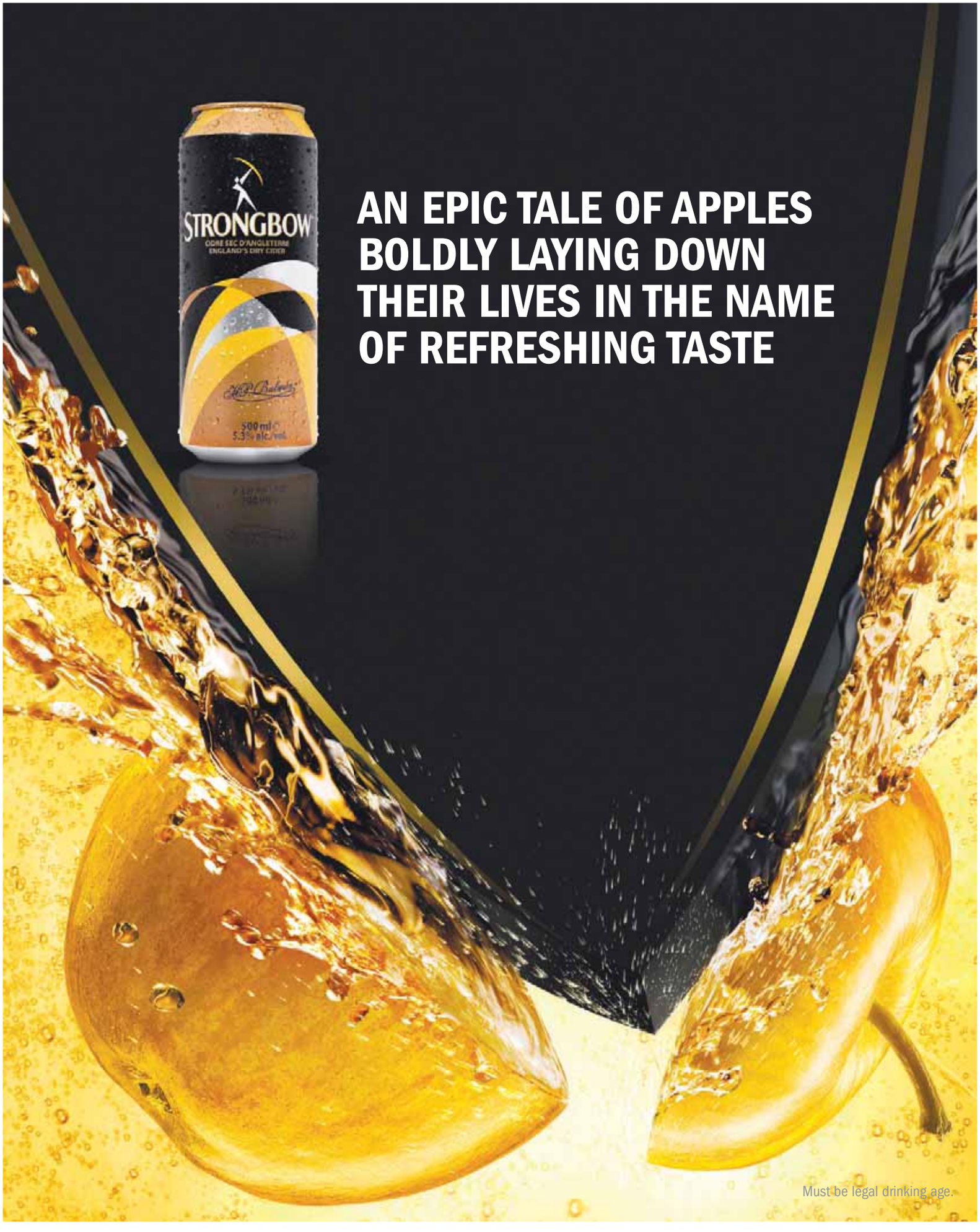
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Bomb-making items found after anti-terror probe

A hooded French police officer leaves a building where authorities discovered bomb-making material after a break up of a suspected terrorist cell last week, in Torcy, east of Paris, Wednesday. THIBAULT CAMUS/THE ASSOCIATED PRESS

France. Recovered materials like sulphur, potassium nitrate linked to terror cell suspected of attack on kosher grocer

French police discovered bomb-making materials in an underground parking lot near Paris as part of a probe of an "extremely dangerous terrorist cell" linked to an attack on a kosher grocery, a state prosecutor said Wednesday.

Interior Minister Manuel Valls said some of the 12 suspected cell members arrested over the weekend appeared to have plans to go to Syria to fight in its civil war. Valls, quoted in an interview posted Wednesday on the website of Paris Match magazine, said some had "unquestionably" spent time in Tunisia and Egypt. He did not elaborate.

Paris Prosecutor Francois Molins said the discovery of the bomb-making materials late Tuesday in Torcy, east of the capital, led authorities to invoke a rarely used legal clause to allow them to extend questioning of the 12 suspects by a day, possibly two.

Authorities have been on high alert for possible terror attacks by radical Islamists after a Frenchman who claimed links to al-Qaida shot and killed three Jewish children, a rabbi and three paratroopers in southern France in March.

A counterterrorism official, speaking on condition of anonymity because he was not authorized to speak on the matter, said authorities were working to try to verify a possible link to Syria.

The case amounts to one of the biggest break-ups of a suspected Islamic terror cell in years in France, and the international link revived memories of the height of the Iraq war in the mid-2000s — when counterterrorism authorities dismantled a string of feeder cells that sent or plotted to send fighters to join the combat against U.S.-led allied forces there. THE ASSOCIATED PRESS

Quoted

"We haven't slept for the three days since they arrested somebody here."

Jacqueline Pierre-Brebois, resident of building where explosive items were found

England

Did terrorist suspects hold journalists captive?

British police are investigating Wednesday whether a man and woman arrested on suspicion of supporting terrorism offences in Syria were part of a group that held two veteran journalists hostage in Syria in July.

The abduction of the photographers highlighted concerns that British Muslims might be slipping into Syria to join extremists. Both said after their ordeal that some of their captors spoke with British accents. THE ASSOCIATED PRESS

Airport. Man silent on suitcase full of weapons

A man arrested at Los Angeles International Airport wearing a bulletproof vest and flame-resistant pants is not co-operating with federal officials working to discover why he was headed to Boston with a suitcase full of weapons, authorities say.

Yongda Huang Harris, 28, was taken into custody recently during a stopover on a trip from Japan when U.S. Customs and Border Protection officers reported noticing he was wearing the protective gear under his trench coat, triggering a Homeland Security investigation.

A search of Harris' checked luggage uncovered numerous suspicious items, including a smoke grenade, knives, body bags, a hatchet, a collapsible baton, a biohazard suit, a gas mask, billy clubs, handcuffs, leg irons and a device to repel dogs, authorities said.

Harris has not co-operated with authorities attempting to interview him, according to a U.S. official who spoke on condition of anonymity to discuss an open investigation Tuesday.

The official said Harris, who was taken into custody Friday, is not believed to be linked to a terrorist organization. His motive, however, has not been determined. THE ASSOCIATED PRESS

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U.S. President Barack Obama speaks during an event on Monday in San Francisco. NOAH BERGER/ASSOCIATED PRESS PHOTO

Democrats fret as Obama's campaign stalls

Debate hangover. Dismal poll results have longtime party leaders worried as Romney makes gains with traditional base

It's more than U.S. President Barack Obama's lacklustre debate performance that has some Democrats on edge a month from Election Day.

Party loyalists, in Washington and in battleground states, are fretting that Obama's campaign has been slow to rebound after Republican Mitt Romney's commanding debate. They're worried that the Democratic ticket isn't aggressive enough in blocking Romney's post-debate pivot to the political centre. And they fear Romney's new effort to show a softer side gives the Republican nominee an opening with female voters, who are crucial to the president's re-election prospects.

"I'm not feeling very positive," said Awilda Marquez, a prominent Democrat in Colorado. "I know that it's only the first debate, but he can't seem to change the relentless negative coverage. Romney has been able to take control."

Obama's campaign says it's sticking to its homestretch plan and doesn't expect major strategy changes. But nevertheless, the president and his aides are seeking to reassure anxious Democrats that key factors are still in their favour.

"By next week, I think a lot of the hand-wringing will be complete because we're going to go ahead and win this thing," Obama said in an interview with radio host Tom Joyner. THE ASSOCIATED PRESS

Both candidates talking tough as debate looms

Republican presidential candidate Mitt Romney tried to win Ohio voters Wednesday by promising new jobs, while President Barack Obama urged his supporters to stay focused even though he admitted he lost his first debate because he said he "was just too polite."

Romney was spending a second day in Ohio Wednesday, a must-win state, as he tries to build on a shift in momentum that has him closing in on Obama after the incumbent's dismal performance in last week's debate.

"I think it's fair to say we will see a little more activity at the next one," Obama said in a radio interview as he looked forward to the second of three debates planned for later this month.

New Jersey Gov. Chris Christie, left, introduces Mitt Romney during a stop Wednesday in Mount Vernon, Ohio. TONY DEJAK/ASSOCIATED PRESS PHOTO

With polls showing the close race drawing tighter, voters still say the U.S. economy is uppermost in their minds as the Nov. 6 election moves into its final month.

The Romney campaign has new hope that they can win over working-class voters after his sharp debate performance last week. A new CNN poll showed Obama leading Romney 51 per cent to 47 per cent among likely Ohio voters, depicting a tighter race. THE ASSOCIATED PRESS

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Abortion issue

Accusations fly after MPs sponsor pro-life conference

Ontario's Liberal government accused the Progressive Conservatives Wednesday of trying to reopen the abortion debate after three Tories sponsored a news conference at the legislature to stop public funding of the controversial procedure.

It only takes one MPP to sponsor an event in the legislature's media studio, so having Conservative MPPs John O'Toole, Randy Hillier and Rick Nicholls all sponsor an announcement by Campaign Life was a clear attempt to reopen the abortion debate, said Laurel Broten, the minister responsible for women's issues.

"We have seen Prime Minister (Stephen) Harper distance himself from the issue but at the same time allow backbench MPs to drive an agenda forward," Broten told reporters.

THE CANADIAN PRESS

Media studies

Now, we bring you more bad news... about the news

It's said that no news is good news. But what's the effect of bad news in the media?

For women, exposure to negative news stories may make them more reactive to subsequent stressful situations, according to a study published Wednesday in the journal PLoS One, which did not see that same response in men.

Researchers also found that women had a better recollection of information learned from those so-called bad news stories. It's difficult to avoid the news, considering the multitude of news sources out there.

"And what if all that news was bad for us? It certainly looks like that could be the case," said lead author Marie-France Marin, a PhD candidate in neuroscience at the University of Montreal. THE CANADIAN PRESS

N.Y.C. homeless crisis worsens

Emergency. New York is required by law to provide shelter to every person who seeks it

With a grand entryway of ornate white stonework, the elegant building seems to blend right into this Manhattan neighbourhood of multimillion-dollar brownstones. It's the crowd of people who loiter on the stoop at all hours — under the constant eye of a surveillance camera — that gives it away as a homeless shelter.

Faced with unprecedented overcrowding in New York City's homeless shelters, Mayor Michael Bloomberg has cut through the bureaucracy to open up new shelters across the city, pushing some into wealthy areas where residents fear their new neighbours will bring in crime and drugs.

"It sort of felt almost like a bomb landing," said Gwynne Rivers, a mother of three who lives near a new shelter for homeless adults on the city's Upper West Side. "We just have lots of concerns about safety."

Bloomberg has opened 10 new homeless shelters in recent months in response to the escalating crisis. A recent census report found the city harbours a disproportionate 14 per cent of the nation's homeless, with Los Angeles a distant second at 3 per cent.

The crisis stems from a lack of affordable housing and the city's ever-growing gap between the rich and the poor, one of the widest in the U.S. and comparable to that found in sub-Saharan Africa.

As the crisis escalates, the city has used its power of emergency authority to create shelters as quickly as possible, bypassing the typical community approval process. And that has created turmoil in neighbourhoods like the Upper West Side, where a shelter opened in August among apartments occupied by the wealthiest 1 per cent of Americans.

THE ASSOCIATED PRESS

Nightly effort

46,000

At last count, more than 46,000 people sought shelter every night in New York,

A recently opened homeless shelter on 95th Street is viewed from behind a fenced playground last month. Neighbours are in turmoil, saying they were blindsided by the suddenness of the shelter's opening. BEBETO MATTHEWS/THE ASSOCIATED PRESS

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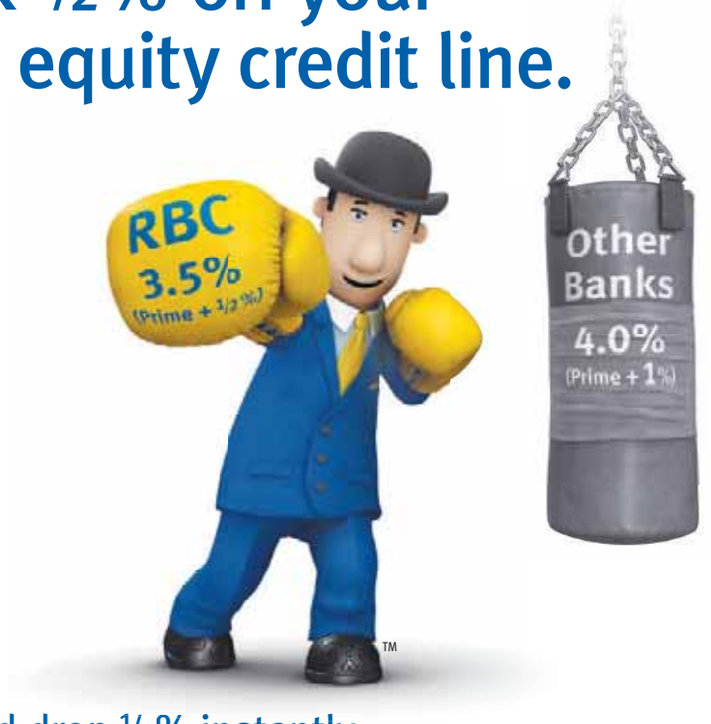

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Stiffer new air-quality rules coming

Federal and provincial environment ministers are poised to announce a new deal to better control industrial air pollution, The Canadian Press has learned.

Officials from both levels have agreed in principle to the air quality deal, which ministers will formalize Thursday in Banff, barring any last-minute objections, sources say.

The deal would see the governments agree to higher standards on air quality, at first targeting fine particulate matter and ground-level ozone, say the sources, speaking on condition of anonymity.

Then they'll move on limits on nitrogen oxides, sulphur dioxide and volatile organic compounds.

"With new science and research regarding the effects of air pollution on our health and the environment, it has become apparent that the current Canada-wide standards need to be updated and more stringent ambient air quality standards are necessary," the federal-provincial environment ministers' website states.

The new air-quality management system will specifically target industrial pollutants. THE CANADIAN PRESS

Disarmament. Russians say no to U.S. nuke deal

Russia said Wednesday it had no intention to automatically extend a 20-year old deal with the United States helping secure the nation's nuclear stockpiles, a move that comes amid a growing isolationist streak in Kremlin policy.

Under the 1992 program initiated by Sens. Sam Nunn and Richard Lugar, the U.S. has provided billions of dollars in equipment and know-how to help Russia and its ex-Soviet neighbours deal with Soviet nuclear legacy.

The Russian Foreign Ministry said Wednesday that it wouldn't accept a U.S. offer to extend the deal that expires in 2013 without a major overhaul. THE ASSOCIATED PRESS

Protesters. Four arrested at Swedish nuclear plant

Swedish police arrested four activists Wednesday who had spent 28 hours hiding on the grounds of a nuclear power station near Stockholm. Greenpeace said two other anti-nuclear protesters left on their own after hiding at another plant on the east coast.

Nuclear power officials said the activists were in the outer perimeters of the nuclear power stations and posed no security threat. The campaigners say they were trying to highlight what they say is poor safety at Swedish nuclear sites.

The four demonstrators were among some 20 people who forced their way into the Ringhals reactor site on Tuesday morning by breaking chains on an outer perimeter gate. THE ASSOCIATED PRESS

Four British scientists survey ice levels from above in Antarctica in 2003. DAVID VAUGHAN/THE ASSOCIATED PRESS FILE

Ice levels on the rise in Antarctica

Unlike the Arctic. Climate change skeptics say scientists have ignored data for political reasons

The ice goes on seemingly forever in a white pancake-flat landscape, stretching farther than ever before. And yet in this confounding region of the world, that spreading ice may be a cockeyed signal of man-made climate change, scientists say.

This is Antarctica, the polar opposite of the Arctic.

While the North Pole has been losing sea ice over the years, the water nearest the South Pole has been gaining it. Antarctic sea ice hit a record 19.45 million square kilometres in September. That happened just days after reports of the biggest loss of Arctic sea ice on record.

Climate change skeptics have seized on the Antarctic ice to argue that the globe isn't warming, and that scientists are ignoring the southern continent because it's not convenient. But scientists say the skeptics are misinterpreting what's happening and why.

Shifts in wind patterns and the giant ozone hole over the Antarctic this time of year — both related to human activity — are probably behind the increase in ice, experts say. This subtle growth in winter sea ice since scientists began measuring it in 1979 was initially surprising, they say, but makes sense the more it is studied.

"A warming world can have complex and sometimes surprising consequences," researcher Ted Maksym said this week from an Australian research vessel surrounded by Antarctic sea ice. He is with the Woods Hole Oceanographic Institution in Massachusetts.

Many experts agree. Ted Scambos of the National Snow and Ice Data Center in Colorado adds: "It sounds counterintuitive, but the Antarctic is part of the warming, as well."

Sea ice is always melting near one pole while growing around the other. But the overall trend year to year is dramatically less ice in the Arctic and slightly more in the Antarctic. THE ASSOCIATED PRESS

Quoted

"It sounds counterintuitive, but the Antarctic is part of the warming, as well."

Ted Scambos, researcher with the National Snow and Ice Data Center in Colorado, explaining why climate change means more ice in Antarctica.

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Education

A changing world for girls

The world is changing for girls — more are going to school than ever.

In developing regions, 97 girls were enrolled in primary or secondary school for every 100 boys — an improvement over 1999, when 91 girls for every 100 boys in elementary schools and 88 girls for every 100 boys in high schools, according to Plan Canada.

"There's still 75 million girls (of school age, under 16) missing from school," said Rosemary McCarney, president and CEO of Plan Canada. "Of those, 39 million are girls missing from secondary school education."

While Central Asia, Latin America and the Caribbean, South-Eastern Asia, and the Caucasus in the region at the border of Europe and Asia have shown the most progress over the last 10 years, progress for girls' education has lagged in most other parts of the developing world — particularly in Northern Africa, Oceania, Southern Asia, sub-Saharan Africa and Western Asia, according to Plan. JESSICA SMITH/METRO

Violence mars first Day of the Girl Child

'Collective sense of horror'. 14-year-old advocate of girls' right to education shot

JESSICA SMITH
jessica.smith@metronews.ca

October 11 was meant to be an international celebration of girls and their right to go to school — but the shooting of a 14-year-old girl who dared to demand an education in Pakistan has brought new urgency, and tragedy, to the cause.

The first-ever International Day of the Girl Child has been recognized by The United Nations for the first time, after of years of diplomatic work spearheaded by Canadians and the charity Plan Canada and its Because I am a Girl initiative.

"The celebration is now mixed with our collective sense of horror, that a young 14-year-old girl who simply wanted to go to school has been gunned down," said Rosemary McCarney, president and CEO of Plan Canada. "It's a terrible moment in the world that this young crusader, who was doing exactly what every girl in Canada knows is her right, has been harmed."

A gunman shot Malala Yousufzai in the head and neck on a school bus in the Swat Valley Tuesday. The Taliban took credit for the attack, and promised to attack her again — because she is an outspoken advocate of girls' right to education.

Malala is a remarkable and fearless young woman. She has spoken publicly and blogged with intelligence beyond her age since she was 11 years old. Her struggle for education, however, is not unique.

"Malala is a 14-year-old who just wanted to go to school. She has joined 75 million other girls around the world who are not in school today," said McCarney. "In 2012, there's no excuse. There's no excuse for these girls not to be able to take their rightful place in schools around the world."

The International Day of the Girl Child celebrations will go on. Landmarks, including the CN Tower, Niagara Falls, pyramids in Egypt and iconic buildings around the world, will be lit up in pink, and long-planned events — including a concert at Dundas Square in Toronto Thursday — will proceed, said McCarney.

It will be a celebration of Malala and all girls, she said.

"There are many other girls around the world — 75 million others — who aren't in school as well, for reasons of violence, because they've been married off, because they've been sold off into labour. For all kinds of reasons," she said. "This is everyone's problem. Not just the problem of one family and one country. This is all of our issue."

WITH FILES FROM THE ASSOCIATED PRESS

Nine years in school

To mark the International Day of the Girl Child, Plan International launched the Because I am a Girl initiative and is calling for girls to get a minimum of nine years of quality education.

- Since 1999, girls have nearly achieved parity with boys in access to elementary school education — and the worst inequalities now persist only in the poorest, most remote and rural pockets of the world, said McCarney.
- According to Plan, every year, 10 million girls are forced or coerced into marriage, which often leads to girls leaving school early, as well as an increased likelihood of HIV/AIDS and chance of death during childbirth.

Women hold banners during a protest removed a bullet Wednesday from the government minister said. The banner

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condemning the attack on schoolgirl Malala Yousufzai in Islamabad on Wednesday. Pakistani doctors successfully neck of the 14-year-old girl who was shot by the Taliban for speaking out in support of education for women, a on the bottom right reads, "The Taliban is afraid of an unarmed girl." MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Research shows men benefit from embracing gender equality

Girls alone can't solve gender inequality — and the Because I am a Girl campaign is about them, too.

"It's fundamental that boys are a part of this," said Plan Canada CEO Rosemary McCarney. "We know that gender inequality doesn't work for boys either, who are forced into very stereotypical, macho, self-perpetuating images of their role in life, to protect and defend girls instead of championing girls' rights to be powerful."

Plan Canada's research found that men who stand up for gender equality can face difficulties in going against the prevailing norms in their countries and some worry about the lack of opportunities for boys as girls' rights increase, according a 2011 report on Boys.

At the same time, Plan found boys and men who have embraced gender equality benefited from the better relations and freedom that come with letting go of traditional, confining definitions of masculinity.

One new program that teaches boys to be men in Canada is Game On, run in schools by the Big Brothers Big Sisters of Canada — and there is a big need for it, said BBBSC president Bruce MacDonald.

Malala Yousufzai was gunned down on Wednesday during the first-ever International Day of the Girl Child. The Taliban took credit for the attack. TORSTAR NEWS SERVICE

Through physical activity and the leadership of young men, the program teaches smart and healthy eating and living, and instills respect for socio-economic, ethno-cultural and racial diversity, said MacDonald.

"There needs to be an emphasis on both genders and making sure all kids get the potential to succeed," he said.

JESSICA SMITH/METRO

Youth can help

Different cultures, same issues

When Nicole Toole went to Kenya she learned that the girls care about the same issues she does.

"Over there, when I was sitting down talking to the girls the same age as me, they were having the same issues I have, even though we're on two different sides of the world and two different cultures," said Toole, 17, a Plan Canada youth ambassador from Toronto.

She found they had concerns about body image in common and equal pay for men and women.

"Really, when you break it down, what girls wish for the future is the same as in Canada," she said.

Learning about girls not being able to go to school because of their gender has made her want to continue to help girls around the world.

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Syrian plane forced to land in Turkey

Suspicion. Jet lands at Ankara airport as tensions between the neighbours mount

Turkish Chief of Staff Gen. Necdet Ozel, right, inspects troops along the border with Syria Tuesday.
THE ASSOCIATED PRESS

Turkish jets on Wednesday forced a Syrian passenger plane to land at Ankara airport on suspicion that it may be carrying weapons, officials and news reports said.

State-run TRT television said an Airbus A320 coming from Moscow was intercepted by F16 jets as it entered Turkish airspace and escorted to the capital's Esenboga Airport. The station said authorities grounded the plane on suspicion that it was carrying heavy weapons.

Foreign Ministry Spokesman Selcuk Unal confirmed that a Syrian plane was forced to land.

"We asked a Syrian civilian plane to land," he said in an email. "We are investigating."

Turkish Foreign Minister Ahmet Davutoglu, interviewed by Turkey's state-run TRT television in Athens, said that the plane was forced to land because of information that it may be carrying "certain equipment in breach of civil aviation rules."

Earlier Wednesday, Turkey's military chief vowed to respond with more force to any further shelling from Syria, keeping up the pressure on its southern neighbour a day after NATO said it stood ready to defend Turkey.

Gen. Necdet Ozel was inspecting troops who have been put on alert along the 910-kilometre border with Syria after a week of cross-border artillery and mortar exchanges escalated tensions between the neighbours, sparking fears of a wider regional conflict.

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Two Americans share chemistry Nobel Prize

Protein receptors.
Research important in development of medication

Duke University professor Robert Lefkowitz, left, and Stanford University professor Brian Kobilka were named winners of the 2012 Nobel Prize in chemistry.
TED RICHARDSON/THE ASSOCIATED PRESS, LEFT; LINDA A. CICERO/STANFORD UNIVERSITY, RIGHT)

Two American researchers won the Nobel Prize in chemistry Wednesday for studies of protein receptors that let body cells sense and respond to outside signals like danger or the flavour of food. Such studies are key for developing better drugs.

The Royal Swedish Academy of Sciences said Robert Lefkowitz, 69, and Brian Kobilka, 57, had made groundbreaking discoveries, mainly in the 1980s, on an important family of receptors, known as G-protein-coupled receptors.

About half of all medications act on these receptors, including beta blockers and antihistamines, so learning about them will help scientists to come up with better drugs. Some receptors are in the nose, tongue and eyes, and let us sense smells, tastes and light.

"They are crucial ... to regulate almost every known physiological process with humans," Lefkowitz said.

Lefkowitz's wife first took the call. "She said, 'There's a call here for you from Stockholm' ... I knew they ain't calling to find out what the weather is like in Durham today."

THE ASSOCIATED PRESS

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Soprano to hit high notes in space mission

A Starship Trooper. British singer Sarah Brightman poised to become first recording artist in space

Sarah Brightman, the world's biggest-selling soprano, says she has booked a trip to the International Space Station.

Brightman, who had a hit in 1978 with I Lost My Heart to a Starship Trooper, will become the first recording artist in space.

The British singer said Wednesday that after touring the world in 2013 for her new album, Dreamchaser, she will spend six months in Russia's Star City cosmonaut training centre.

Brightman, a UNESCO ambassador, said the trip would also serve as a way to promote the UN agency's message, in particular by encouraging women's education in the sciences and environmental awareness.

She hinted at the possibility of doing a promotional "space concert."

Brightman teamed up Space Adventures, a company that organizes trips for private space explorers.

The first leg of her world tour kicks off in Canada next January — and Brightman says there's a reason for that.

She told The Canadian Press it was one of the first countries that picked up on her when she started out as a solo recording artist.

"It's dear to my heart, and also my grandfather on my mother's side and my great-grandparents made the journey across to Saskatchewan and they lived there as farmers,'' she said in an interview from Moscow.

No date has been set for her space odyssey to the International Space Station, but Brightman said she's looking at between late 2014 and early 2015.

THE CANADIAN PRESS

Expensive flight

"Part of the cost will be coming from myself."

Singer Sarah Brightman talks about the cost of her flight to the international space station which some sources say will cost her $51 million

British singer Sarah Brightman

MIKHAIL METZEL/THE ASSOCIATED PRESS

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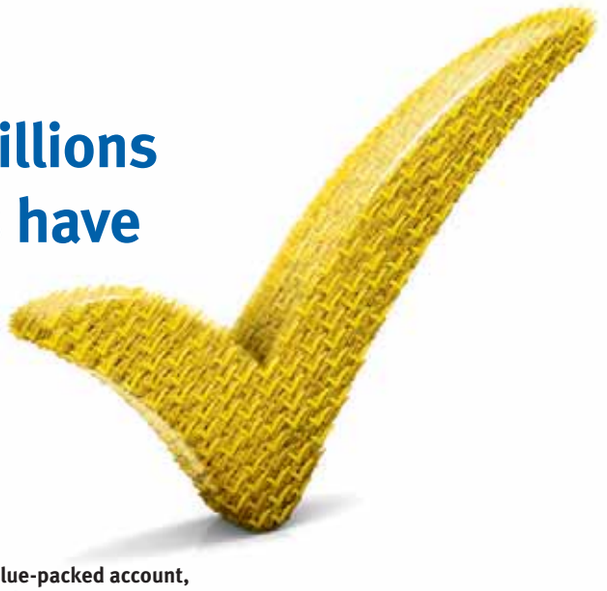

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Taming of the Dragon. Canadarm snares cargo ship for space station

Canada's robotic arm on the International Space Station was put to work Wednesday when it grabbed a cargo ship that arrived at the orbiting space lab.

The unmanned capsule, built by California-based SpaceX, brought supplies to the space station — the first official shipment under a billion-dollar contract with NASA.

The SpaceX cargo ship, called Dragon, eased up to the orbiting lab, and station astronauts reached out with the Canadian robot arm and snared it.

Then they firmly latched it down.

"Looks like we've tamed the Dragon," reported space station commander Sunita Williams. "We're happy she's on board with us."

Williams thanked SpaceX and NASA for the delivery, especially the chocolate-vanilla swirl ice cream stashed in a freezer.

The linkup occurred 400 kilometres above the Pacific, just west of Baja California, 2 1/2 days after the Dragon's launch from Cape Canaveral, Fla.

"Nice flying," radioed NASA's Mission Control.

It's the second visit by a Dragon capsule to the orbiting lab.

The first was a test flight last spring.

The $1.6-billion contract between SpaceX and NASA calls for 12 shipments.

THE CANADIAN PRESS

Hotel murder

Charges upheld in deadly-buttocks-enlargement case

A Philadelphia woman known as "the Black Madam" performed deadly cosmetic surgery on a London dancer in an airport hotel room, then used Krazy Glue to close the wounds and fled when the client went into respiratory distress, witnesses testified Wednesday.

A judge upheld a third-degree murder charge against Padge Gordon after the woman's friend testified about getting silicone injections to enlarge their buttocks in February 2011.

Delaware County Medical Examiner Frederic Hellsaid told the court 20-year-old Claudia Aderotimi died of a pulmonary embolism.

Police believe Gordon has performed at least 14 cosmetic surgeries, moving locations and using different names to avoid detection.

THE ASSOCIATED PRESS

Primate castaway

Traps set after wayward monkey bites woman

Wildlife officials in Florida say the mystery monkey of Tampa Bay bit a woman during an unprovoked attack in St. Petersburg.

Florida Fish and Wildlife spokesman Gary Morse says the woman was sitting outside Tuesday when the monkey bit her on the back.

The Tampa Bay Times reports wildlife officials sent a trapper to the area.

The wild rhesus macaque has become famous in the Tampa Bay area. It has a Facebook page and has been featured on Comedy Central's Colbert Report. The elusive monkey has been spotted numerous times in the Tampa Bay area in recent years.

Officials have warned the public against feeding the monkey. Officials believe the monkey was cast out of a colony in Silver Springs near Ocala.

THE ASSOCIATED PRESS

Intoxication case against snowboarder delayed

Shaun White. Winter Olympics gold-medal winner alleged to have been drunk in hotel, set off alarm resulting in an evacuation and destroyed a phone

A Nashville judge is delaying the public intoxication and vandalism case against American two-time Olympic gold medallist snowboarder Shaun White.

White is accused of destroying a phone at a Nashville hotel, and hitting his head, which required him to go to the hospital.

Officers responded to the Loews Vanderbilt Hotel at 2 a.m. on Sept. 16 after a drunken man identified as White pulled a fire alarm, forcing the hotel to evacuate guests.

White won a gold medal in Turin at the 2006 Olympics and in 2010 at the Vancouver Games.

Two-time Olympic gold medallist snowboarder Shaun White. THE ASSOCIATED PRESS

He is an action-sports superstar, whether skateboarding during the summer or snowboarding in the winter.

The 26-year-old White is also a multimillionaire with a clothing line and video-game franchise.

A judge delayed the case Wednesday until Nov. 20.

THE ASSOCIATED PRESS

Sri Lankan army anniversary

Sri Lankan army officers in ceremonial attire march during a ceremony Wednesday to mark the 63rd anniversary of the nation's independent army in Colombo, Sri Lanka. GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

Monet's Water Lilies

Auctioneer predicts at least $30M painting sale

An auctioneer predicts a work from Claude Monet's Water Lilies series could go for $30 million to $50 million when it's put up for sale next month in New York City.

The money will benefit the Hackley School in suburban Tarrytown, N.Y. The work dates from 1905. That's the year Monet began a feverish phase of paintings depicting his garden's lily pond in Giverny, France. The work that's being offered is considered among the best.

The painting is from the estate of Ethel Strong Allen, widow of Wall Street executive Herbert Allen Sr.

She bequeathed the Monet to the school, along with two Impressionist landscapes by Camille Pissarro and Alfred Sisley. All three works will be offered during Christie's Nov. 7 sale of Impressionist and modern art. THE ASSOCIATED PRESS

Averted nuclear war

JFK Cuban missile crisis exhibit to open

Fifty years after the Cuban missile crisis, the National Archives in Washington has pulled together documents and secret White House recordings to show Americans how President John F. Kennedy deliberated to avert nuclear war.

The exhibit opens Friday to recount the showdown with the Soviet Union. It is called To the Brink: JFK and the Cuban Missile Crisis.

In the fall of 1962, Soviet Premier Nikita Khrushchev ordered a secret deployment of a nuclear strike force in Cuba. The missiles would be able to reach most U.S. cities within five minutes.

Kennedy said the missiles would not be tolerated, but Khrushchev refused to remove them. A standoff lasted 13 days in October 1962 before it was peacefully resolved.

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Print still rules in Canada, but ebook sales are surging

Publishing. Report released by BookNet Canada also finds more and more books being bought outside of conventional bookstores

Surging ebook sales now represent an estimated 16.3 per cent of the overall book market in Canada, a figure that caught even some industry watchers by surprise.

A new report by the non-profit industry group BookNet Canada finds more and more people are buying ebooks, and when they do purchase hardcovers and paperbacks, they are increasingly getting them outside of conventional book stores.

The trends are outlined in a first-of-its-kind report by BookNet, which is based on several consumer surveys conducted over the first half of the year. The results are considered accurate within 3.1 percentage points, 19 times out of 20.

"We were a little taken aback — even though we are in the industry and on the technology side of the industry — at just the sheer quantity of the shift in behaviour in regards to digital and online (shopping)," said BookNet CEO Noah Genner. "We all knew it was happening ... but just the sheer volume and the amount of change that's happened in the last couple of years is a big surprise."

The report suggests one in three Canadians is a regular book buyer and purchases an average of 2.8 titles per month.

When it came to where purchases were made, only about a third were in book stores. About 27.5 per cent of purchases were online and about 30 per cent were at non-book retailers, including big box stores and grocery stores.

"The other big surprise (in the research) was just how much book buying was done as if it were another consumer good," Genner said. "We were quite surprised to see how many books were bought with grocery items, with consumer goods and different category lines." THE CANADIAN PRESS

The market

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent.

- **Buying both.** Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

Online shopping

EBay unveils redesign

EBay has redesigned its website to encourage visitors to browse and collect items they might want to buy later with something it calls the "feed."

The feature, reminiscent of popular sites like Pinterest, shows users items based on things they purchased in the past or items they've clicked on the site.

Shoppers can also add or remove individual categories.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 101.97¢ US (-0.22¢)

TSX 12,212.42 (-61.15)

OIL $91.25 US (-$1.14)

GOLD $1,765.10 US (+10¢)

Natural gas: $3.475 US (+0.8¢)
Dow Jones: 13,344.97 (-128.56)

Financial Services Commission of Ontario

Motor Vehicle Accident Claims Fund

NOTICE TO HELEN BOTI
FSCO A09-001695

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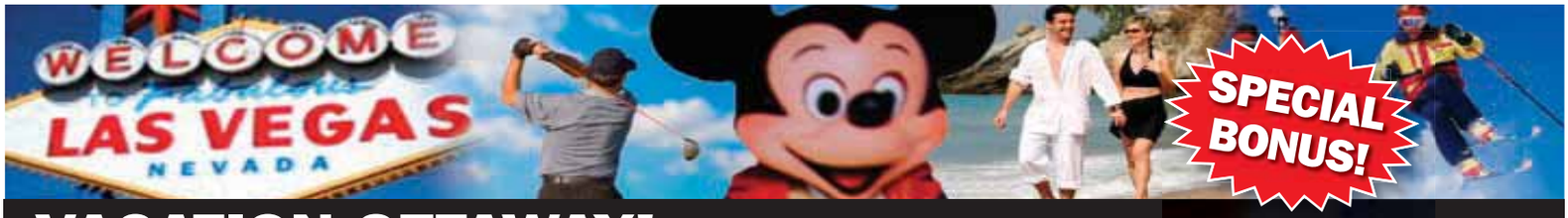

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TRAVEL BLUES? TAKE A SEAT

HE SAYS...
John Mazerolle
metronews.ca

The worst part about post-travel blues is that even I want to kick my own ass.

After all, why should anyone care that I'm sad to be back in Canada after weeks overseas? It's like complaining that you ate too many pies or that you got a paper cut on a $100 bill.

But the feeling is real. A co-worker of mine spent a few months in Africa earlier this year, and when I said, "You're back!" he said, "Yeah, I am" in the sort of tone that makes you hide sharp objects and casually bring up this great therapist you know.

I was happy for his depression, because it meant his trip went great. But I still wanted to kick his ass.

It's precisely because nobody cares about your sulking that post-travel blues are so hard to get over.

What I want/what I deserve

It slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

When I came back from my trip to Scandinavia this September, I had a good buzz going. Relaxed and content, like I'd just gotten lucky with geography.

But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

In the meantime, I plan to get over my post-travel blues with a few tips I picked up from online travel sites.

- **Be a tourist in your hometown.** Lots of sites suggest this. So I plan to put on a Hawaiian shirt and wander into bad parts of the city with a map and a camera asking if they've got *Mac*-Donald's in these parts. I'll let you know how it goes.
- **Find expats and cuisine from the place you visited.** I'll try, but I'll probably have a hard time finding Little Faroe Islands or Denmarktown. Also, it might be difficult to find restaurants that sell puffin. (You know puffins, those adorable little clowns of the sea that look like real-life cartoons? Well, the one I ate treated his grandmother poorly and believed global warming was a myth, so get off my back.)
- **Talk to fellow travellers.** Hearing other people's post-travel woes will make you feel better about yourself when you tell them what jerks they're being.
- **Write.** The travel sites say to write about how great everything was, but I'll take a different tack. See, I've read about a number of instances over the years where a columnist will badmouth a place and, in response, a politician challenges the writer to take a second look. To use a random example, if I were to speak ill of Denmark, which I think we can all agree is a dump, the Hotel D'Angleterre Copenhagen (what a hole!) might invite me to force down some of the worst beer ever, while I talk to Denmark's cloistered, unattractive women. I also hear Copenhagen's mayor is too cowardly to have me back.

I'll take an aisle seat, Mr. Mayor. First class, please. I need room to have my ass kicked.

The window seat: one last opportunity to take for granted the sights you'll soon be pining for when you're back at home. ISTOCK

Pumpkins flourish amid drought

SIMON WHEELER/THE ITHACA JOURNAL/THE ASSOCIATED PRESS

Saved by jack-o'-lanterns

Agritourism in U.S. suffering

Tom Vliet, of Odessa N.Y., loads up his son Nicholas as they make their annual visit to Eddydale Farms, south of the City of Ithaca, for the farm's $6 all-you-can-carry pumpkin special.

Devastating spring freezes and a historic drought have stripped some charm from rustic fall destinations, leaving some corn too short to create mazes, orchards virtually devoid of apples and fall colours muted.

Extreme weather has forced agritourism ventures in the heart of the country to scramble to hold onto their share of an industry that generates hundreds of millions of dollars each year.

However, farmers have found pumpkins to be thriving during the drought.

Mike Roney, who co-owns an orchard near Greenfield, Ind., said this year might have been the worst freeze damage ever at the farm his family has owned for 84 years.

But he found a bright spot in his pumpkin patches, which were irrigated and emerged from the drought with a fine crop.

"We actually have one of the best pumpkin crops we've ever had as far as size goes and quantity," Roney said. THE ASSOCIATED PRESS

Industry affected

- **Tradition.** For many farms and orchards, autumn is the peak agritourism season as families seek out a taste of rural life with outings to explore corn mazes, take hay rides and pick their own apples or pumpkins.
- **Economy.** Tourism generated about $566 million for more than 23,000 U.S. farms in 2007, according to the U.S. Department of Agriculture's most recent agriculture census — a survey conducted every five years.

Farmer's woes

Corn crop not so A-Maizeing

Sam Brown, who owns A-Maizeing-Farms in Mayfield, Ky., said the summer drought and 100-degree days ruined his farm's 20-acre corn maze, leaving stalks knee- to waist-high — far too short for use as a maze. Instead, he's offering a petting zoo, pedal-cart races and hay rides.

"The object of our maze is to find hidden checkpoints, and our checkpoints literally would have been taller than the corn in some of the fields," he said. THE ASSOCIATED PRESS

Metropolitan Panel

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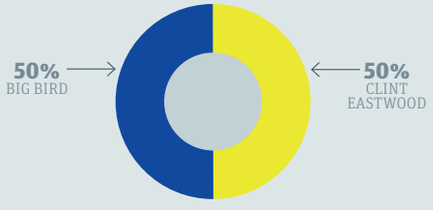
Which is the bigger threat to Mitt Romney's White House campaign?



Twitter

@Gamer__Guy: Hot turkey sandwich and gravy, stuffing and cranberry sauce, gotta use up these Thanksgiving left overs

@meganbryan_xo: Those who mush abortion&murder together seriously need to get a grip on reality IMO.. A bunch of cells is not a human, let women choose.

@RobDyerS4C: so Quebec has finally separated.... #Earthquake

@Sattva01: Is the Leftwingkook Casino meeting anything other than a gathering of a bunch of anal retentive whiners? #Topoli #toronto

@ubahbieber: swear I should be doing the essay i have due tomorrow, and my english paper, but no. I'm chillin..

metro

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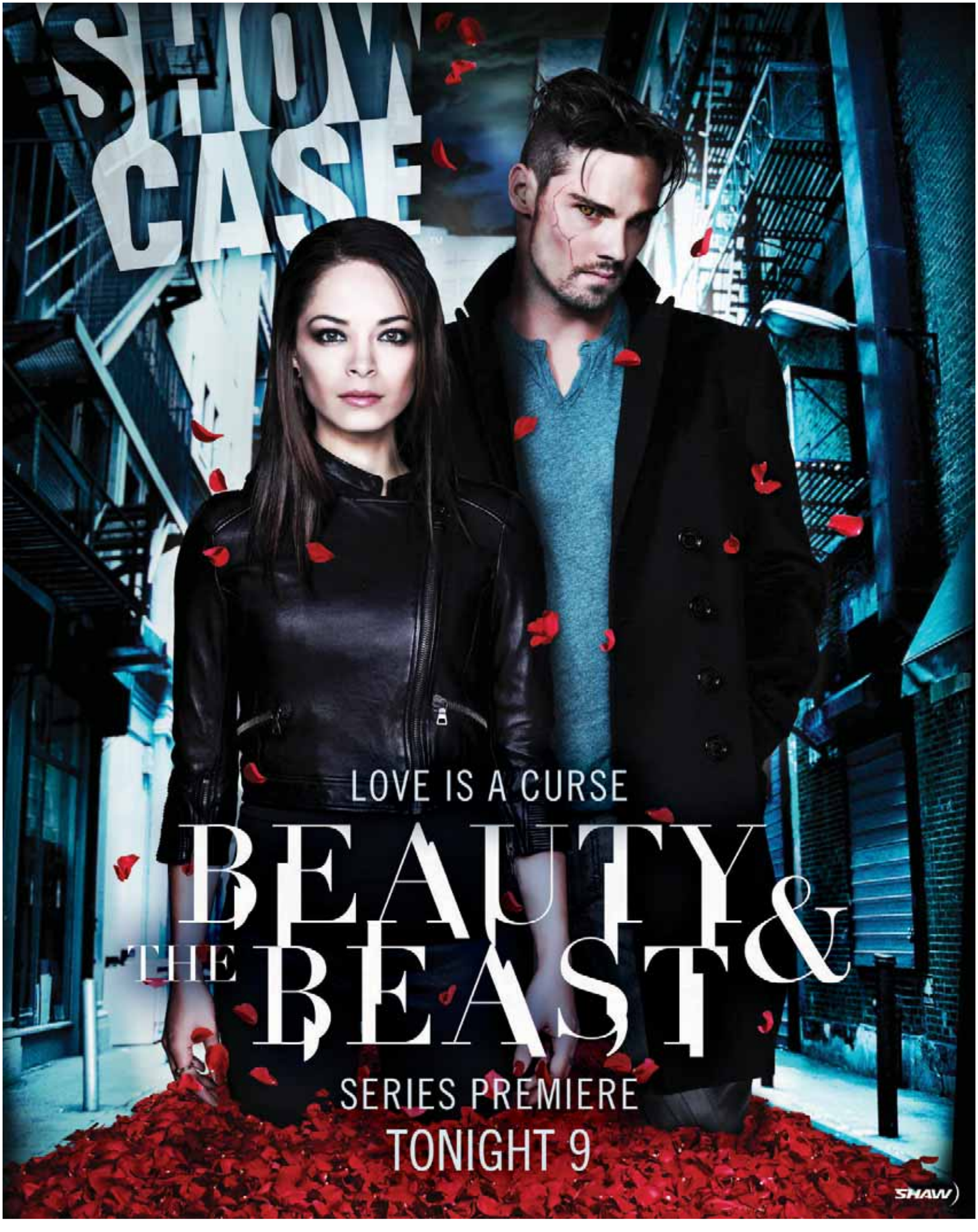
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This ain't your raver cousin's electronic music

X-Avant. New music fest chose to focus on synth music this year, in part to challenge misconceptions

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Electronic music is often equated with dance music. But while both use computers and artificially processed sounds to create aural compositions, electronic doesn't always mean four on the floor beats.

"Most people, when they think electronic, they think EDM and pounding dance anthems," says David Dacks, music director at the Music Gallery. "You don't have to go far to realize that electronically generated music is everywhere around you, whether you're playing something on your computer or listening to the soundtrack of a movie."

To illustrate his point, Dacks selected electronic music as the theme to this year's X-Avant New Music Festival. Now in its seventh year, the citywide fest aims to cut across the Music Gallery's four programming streams — pop, jazz, world and classical — encouraging collaboration across genres.

"Electronics cuts across all forms," he says.

It's also got a rich history, dating back to the turn of the 20th century. "Electronic music used to be very expensive to make," says Dacks, "so you'd get it in research labs and universities."

It wasn't until the 1960s, when Bob Moog invented the portable Moog synthesizer, that electronics started to resemble the DIY home pursuit it is today.

A DJ and electronic musician himself, Dacks says he wanted a festival that would not only reflect his own taste, but that would "shift the Music Gallery's programming in the years to come."

The Music Gallery's relationship with electronics dates back to its inaugural season of promoting innovative and experimental music in 1976. Looking through old programs, Dacks notes plenty of academic electronic shows at the Gallery's original home on St. Patrick Street.

Now located in an old church behind OCAD, he sees this year's festival sub-head, Expanding Circuits, as a way of coming full circle with the gallery's 36-year history. "Just because it's got beats doesn't necessarily make it less creative."

X-Avant runs Oct 12 to 21 at multiple venues across the city. Musicgallery.org.

David Dacks' fest picks

- **Bob Ostertag & Pierre Hébert.** Music Gallery artist-in-residence Ostertag teams up with Quebec filmmaker Hébert for Living Cinema — Special Forces, a live sampling and animation collaboration.
- **Chief Boima.** "One of the leading lights of futuristic African and Latin production in the world."
- **DJ Valeo.** "He's one of the major forces in contemporary world music in Canada."

Chief Boima will perform as part of the X-Avant New Music Festival, taking place Oct. 12 to 21. HANDOUT

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Plucky Polley glad media has focused on film, not her life

Stories We Tell. Movie is based on Toronto star's childhood and the tricky, painful task of finding out who her real father was

STEVE GOW
stevegow@metronews.ca

Sarah and Michael Polley. The director later discovered that Michael was not her biological father. PHOTO COURTESY OF THE NATIONAL FILM BOARD OF CANADA

There's one good aspect to Sarah Polley suspiciously keeping mum with the media about the movie she's been secretly making since 2008.

"Thankfully, they've seen the film for the film as opposed to being too interested in the revelation of my personal life," said the actress-turned-director recently in Toronto about her documentary Stories We Tell. "That's been nice, to talk to people about something I worked on instead of just what happens in my life."

In truth however, Stories We Tell (in theatres October 12) is very much about what has happened in Sarah Polley's life. Having answered a lifelong suspicion that she was conceived in an extramarital affair, the Oscar-nominated filmmaker of Away From Her was inspired to investigate the infallibility of memory. Without much more, she began interviewing her own family about their late mother and the plausibility of the secret affair.

"We all have these moments or these events in our families, whether they be tiny or huge, that we're convinced we know the truth about," said Polley.

"There's so many debates about what actually happened or what was the truth ... the only anchor we have in this total mess of life is the narrative we create out of the events of our lives, which may be totally constructed, but that's something to hang on to in the middle of such a crazy ride we're on."

It's certainly paying off for Polley. The genre-bending film that's as stirring as it is beguiling has gained critical acclaim as well as an American distributor that will hold off on its U.S. release so that Stories will apply for next year's Oscar race.

"It's all kind of shocking," said Polley. "I'm a little shocked that anyone connects to it…but maybe its because when you get really specific it makes it easier for people to relate to more universal themes or project their own lives onto it."

Director's choice

Stories We Tell director Sarah Polley reveals her favourite documentary.

- **Five Obstructions.** "I love it," admitted Polley about the 2003 mind-bender in which filmmaker Lars von Trier challenges another director to remake a short film five different ways.

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Argo. Screenwriter relives trying task of turning sprawling article into film

NED ERHBAR
Metro World News in Hollywood

Chris Terrio. GETTY IMAGES

Argo screenwriter Chris Terrio took on quite the challenge in turning Joshuah Bearman's Wired article about a CIA plan to use a fake movie production to rescue embassy workers in Iran into a coherent film — one that's part spy thriller and part Hollywood satire. The secret, he says, lay in not using the entertainment industry solely for cheap laughs and making sure the blue Wookiees were believable.

How do you take such a sprawling, multifaceted story and compress into a movie?
It's sort of a classic rescue narrative, which is here's a problem, go in and here are all the complications of making the escape happen, and then the last bit is the escape happening. But that said, I spent a few months pulling out my hair and thinking how do you choose your stories? Because there are a million tributaries to the river that you could take your boat on that would be fascinating. I would've loved to tell those stories. But in the end you just look at the skeleton and just decide what bones are essential to stand up.

I'm assuming there actually was a script for the film they were pretending to make. It was actually called Lord of Light. Tony Mendez actually chose not to use the title Lord of Light. They re-christened it Argo for the trade ads when they announced the film was happening. But the actual script that they carried around was called Lord of Light.

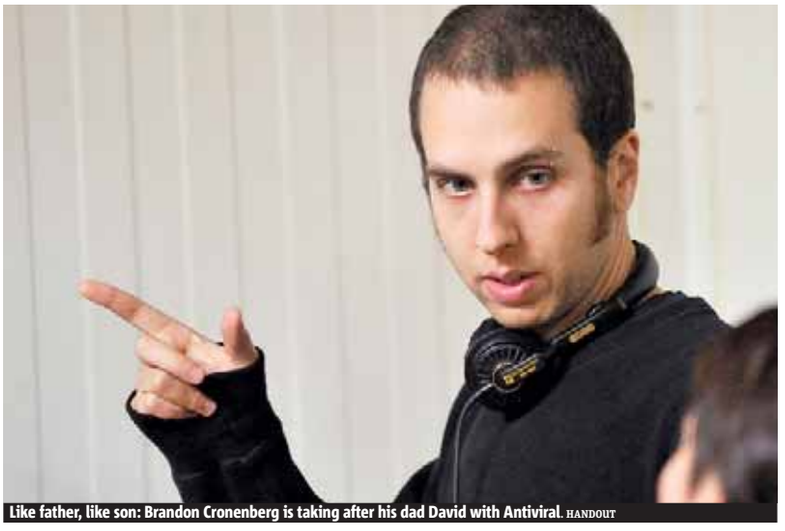
Did you get to read that script?
I didn't read it largely because I wanted to free my imagination for a completely different script. I mean, Tony told me a bit about it and the fact that it had Middle Eastern elements and it had sci-fi elements, mythological elements, but I didn't actually read it. I know it exists somewhere, and maybe Tony even has a copy. But literally I think Tony's copy might have been like the end of Raiders of the Lost Ark, sent into the CIA archives.

It's funny, like, as kids, Ben and me and you who grew up in the world of Star Wars and Raiders, those things keep popping up in the film. Even in the pillowcase and the sheet and the Millenium Falcon in Tony Mendez's son's room. Those are things that Ben and I had in our bedrooms growing up. Speaking of "Star Wars," some of the characters in the film within the film seem a tad familiar. Oh definitely. I mean, the blue Wookiee... But the other great thing about doing that scene is we had Jackie West as a costume designer, who I think is truly a genius. She managed to have the characters within the fake film look fantastical and kind of funny but never cross the line into outright parody. So even though there's this blue Wookiee, the texture of the blue Wookiee kind of looks real. You can see that there's a man inside it. It can exist in the same world as the geopolitical reality of Iran because you feel like you're watching real people in fake costumes.

Cronenberg not sick of flu-inspired films

Antiviral. Brandon, son of David, thought of idea for movie while ill, and believes it's plausible that a crazed fan would want to carry their idol's ailment

RICHARD KRAUSE
scene@metronews.ca


Like father, like son: Brandon Cronenberg is taking after his dad David with Antiviral. HANDOUT

Caleb Landry Jones is the star of Antiviral. HANDOUT

The idea of Brandon Cronenberg's new movie sounds outlandish, but recent events suggest otherwise.

At the heart of Antiviral is the notion that in the near future fans will become so rabid they'll actually pay to be infected by celebrity diseases to feel closer to their idols. Sounds strange, but consider the statue containing John Lennon's DNA (courtesy of a Beatle molar bought at auction) by artist Kirsten Zuk or the $40,668 paid for a lock of Justin Bieber's hair.

"I always thought it was kind of plausible," he says. "A friend of mine, while I was shooting, pointed me in the direction of this YouTube video that was Sarah Michelle Gellar on Jimmy Kimmel Live. At one point she says, 'I don't want to sing because I have a cold, I don't want to get the audience sick,' and everyone started applauding like crazy. I'm sure one person in that audience would want Sarah Michelle Gellar's cold. It's certainly meant to be satirical and a cultural caricature but I think it is not that far from what already exists."

When I tell the son of famous director David about the Lennon DNA statue he says: "It's very interesting to me how obsessed people are with the physical tokens, the fetishes. John Lennon's teeth… It's so incredibly religious. It's like going into some church that claims to have the finger bone of some saint."

The idea for the film didn't come from an analytical look at celebrity culture, however. The concept occurred to him as he was laid low by the flu.

"I was obsessing over the physicality of illness and how I had this thing, physically in my body, in my cells," he said, "that had come from someone else's body and how there was a weird intimacy to that connection. After I got better I was trying to think of a character who might be able to see disease in that way and I was struck by the idea that a celebrity obsessed fan might want that kind of intimacy and it developed into an interesting metaphor."

These days Cronenberg's life is imitating his art to a degree as the film makes the festival rounds — it's played at Cannes and Toronto— and the spotlight has been turned on him. "It's sort of like being a character in my own film," he says of the attention.

"It's hilarious and also kind of uncomfortable."

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PLAN CANADA SALUTES CANADIANS' ROLE

IN SUPPORTING INTERNATIONAL DAY OF THE GIRL ON OCT. 11

PLAN CANADA PHOTO

Girls growing up in the poorest regions of the world are the most disadvantaged people on the planet.

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PLAN ADVOCATES FOR GIRLS' RIGHTS

Plan is one of the world's oldest international development agencies working to end global poverty. Because I am a Girl is its global initiative to promote girls' rights and mobilize people around the world to create a brighter future.

In 2009, Plan enlisted 15,000 Canadians to sign a petition dedicating one special day every year to girls' rights. This helped the Canadian government convince the United Nations to designate Oct. 11 as International Day of the Girl Child last December.

Plan's Because I am a Girl initiative aims to inspire Canadians to raise money for equal access to health care and education, clean water and sanitation projects, as well as economic security initiatives like microfinance and skills training.

To learn more about how you can help change the world for girls, visit becauseiamagirl.ca

STANDING UP FOR GIRLS' RIGHTS

PLAN CANADA PHOTO

EDUCATION IS KEY TO GIRLS' SUCCESS

When Geeta of Nepal was 12, her father sent her to work as a domestic servant. She worked long hours and earned only 700 Nepali rupees (about $8) a year.

Geeta recalls, "It was impossible to escape. My master was highly regarded in his community. I was afraid of the consequences for my family if I left."

To help Geeta break free from exploitation and abuse, Plan supported her with a microloan and business training. She opened a roadside café, which she now operates as a family business. Today, Geeta employs herself, her entire family and even several friends when business is brisk.

HAITIAN GIRL PROVES MIRACLES HAPPEN

One of nine children on a small farm in Haiti, everyone expected Marie Dumay Miracles to stay home and help with chores. Marie's parents could not afford to send their kids to school.

When Plan set up education programs, Marie and her siblings leapt at the opportunity. Marie was a hard worker who excelled in school, but her parents couldn't afford university.

PLAN CANADA PHOTO

Through Plan's further education programs, she studied computer science, completed a university degree, and became a qualified engineer.

Next, Marie put her leadership skills to work as deputy mayor of her town, Croix-des-Bouquets, where she is actively involved in co-ordinating local earthquake rebuilding efforts.

Plan helped her live up to her name to show that miracles can happen.

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Inspired by Plan Canada's **Because I am a Girl** movement and thousands of Canadians, the United Nations has declared **October 11th International Day of the Girl**, a day to recognize girls' rights globally. Help give girls a voice, a chance, a future.

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Plan Because I am a GIRL.ca

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girl Confidential exclusively at Sears smartwater BIRKS

Adam Cohen charting a path of his own

New album. The son of Leonard Cohen finally finding his way in the music business with his third disc Like A Man

MIKE BENHAIM
scene@metronews.ca

Adam Cohen is embarking on a cross-Canada tour. It starts in Vancouver on Oct. 18. SHAYNE LAVERDIERE

Adam Cohen, son of Canadian icon Leonard, has cultivated a music career all his own. His third CD, Like A Man, is profoundly gratifying.

With some perceptible symmetry, it's clear that "the son also rises" on this one. As he prepares to tour Canada, we chat about a few things.

Is your mom Suzanne, the same Suzanne from the song?
My father actually wrote the song before meeting my mother, but says he wrote it to summon her.

When did you realize you might join the family business?
From the earliest age, there's never been a plan B. I was seduced into music as far back as I can remember. You could say I caught a virus that I was never able to shake.

It was less of a realization and more the following of an instinct.

The offspring of legends often run from their parents' shadows, but on this album, you embrace and even pay homage to your father. What led you there?
Three triggers lead me to the place I'm in today. The first was a sharp disillusionment with my career, which had not gone as I'd hoped, despite many chances with major labels, and kind of blowing them. Second was my father's triumphant return to the stage. Seeing him at the top of his powers in his 70s, was nothing short of inspiring.

The most important, was becoming a father myself — feeling a sense of responsibility to my name, and wanting to be Like a Man, the one I'd always wanted to be.

You taught yourself to play guitar, piano and drums. How much do you think was inherent versus learned?
I observed many characteristics in my father which I hope to find in myself, many of which I may indeed have inherited, some of which I may have parroted.

It doesn't matter to me how I got there, but I'd have a hard time believing anyone who claimed I was adopted.

You're a Montrealer, but you've lived everywhere. How has that shaped your art?
I've been privileged to travel and live among different cultures — from a little island in Greece, to Paris, London, New York and L.A.

Reading about this kind of lifestyle alone, or even dreaming about it powerfully enough, could change anyone. Of course my art and my heart have been shaped by my travels, but that's for the art itself to reveal, not for me to discuss.

You're tight with your bandmates. How did that develop?
Gratitude is a crossroad that easily leads to love. I'm grateful I found the people I'm working with.

What's first — lyric or melody?
Music and lyrics chance one another. There's no rule for me. I don't follow a recipe like a baker. If I did, I'd have many more songs.

The album is circulating, and you're going on tour. How do you feel about your current direction?
I'm pleased to see the album has been well received. We'll have a gold record in Canada. My first ever, at the age of 40. And the rest of the world should be on notice.

I'm going to keep coming to see you, traveling with my little band and the highest hopes to plant songs on your lips and in your hearts.

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On tour

Upcoming tour dates and where you can see him.

- **The shows.** Adam Cohen begins his Canadian tour in Vancouver on Friday, Oct. 18, and ends in Ottawa on Nov. 10. Visit adamcohen.com/tour for details.

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NEW CAREER

Brad Pitt GETTY IMAGES

Brad Pitt needs the OK from his brood before embarking on new roles

Before Brad Pitt signs up for a role, he has to get the idea past a particularly tough panel of judges: Angelina Jolie and their six children. "I want it to be worthy enough of a story to leave the family, you know? They're everything. The family is first," Pitt tells Guy Ritchie in a chat for Interview magazine. "I also don't want to embarrass them." He also plans on taking more time off between roles going forward. "I'm not good at going back-to-back-to-back-to-back with movies, and it's just now that I'm starting to get my bearings again and a flavour for what's next," he says. "It's just about discovery now and finding something new that's interesting to me."

Quoted

"They're everything. The family is first."

Brad Pitt telling Guy Ritchie in a chat in Interview magazine how he plans to take more time off between movies.

Twitter

@goldiehawn
A 350 lbs Bear broke in2 our house, emptied the fridge, destroyed kitchen left a lovely present on the floor and took off! Would've made Him dinner and given him a doggy bag!

@JonahHill
I might be the least British person alive.

@ConanOBrien
I'm in London right now. You won't believe this, but there's still a few minutes left in the Olympic closing ceremonies.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

THE WORD
Dorothy Robinson
scene@metronews.ca

Live like the Palins — with fitness and self-discipline!

The increasingly-skeletal Sarah Palin is writing a diet and fitness book, according to an email she sent People.

"Our family is writing a book on fitness and self-discipline focusing on where we get our energy and balance as we still eat our beloved home-made comfort foods!" she wrote.

The email seems slightly fishy; Palin never confirmed which publishing house is publishing the book and when it will be out on the shelves.

"We promise you what we do works and allows a fulfilling quality of life and sustenance anyone can enjoy," she wrote.

Interesting, because in 2010 Palin attacked First Lady Michelle Obama's Let's Move campaign on Laura Ingraham's radio show.

"Take her anti-obesity thing that she is on. She is on this kick, right. What she is telling us is she cannot trust parents to make decisions for their own children, for their own families in what we should eat," she said.

And Sarah Palin's slow transformation from a political heavyweight into a Real Housewife continues.

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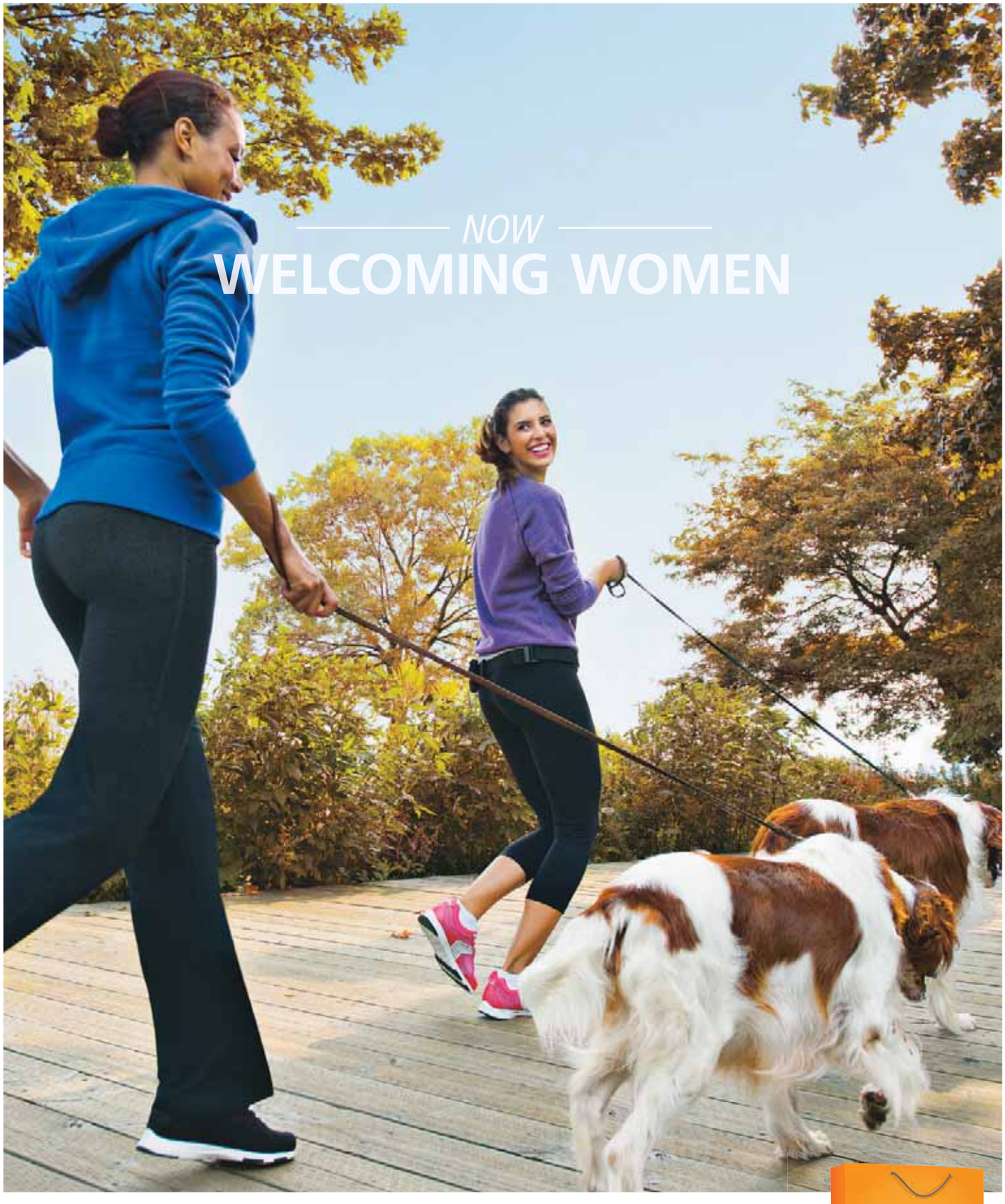

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(Bow)ties that Bond

Q and A. Designer Lindy Hemming talks about the tailoring, the history and the heritage that thread together 007's style

RICHARD PECKETT
Metro World News in London

Clothes maketh the man ... but it's Lindy Hemming who's behind James Bond's impeccable wardrobe. We speak to the Oscar winner and long-serving Bond costume designer, who helped put together a current exhibition at London's Barbican Centre

More online and Friday

- Visit metronews.ca for more James Bond coverage.
- Friday, Metro looks into the history of the Bond theme song.
- **The Man Blog.** "Large, very strong and very cold and very well-made." That's James Bond describing how he likes his martinis in 1953's Casino Royale. We go to The Roof Lounge at the Park Hyatt Toronto to learn how to mix Bond's Vesper martini. Cheers! Recipe at metronews.ca/themanblog.

Sean Connery, the original Bond, was also the best Bond, says costume designer Lindy Hemming. ALL BOND PHOTOS HANDOUT

Men in skinny jeans, take note

"I'd rather people look like (Bond) than that they were hyper-fashionable with terrible tight trousers that make your arse look fat."
Lindy Hemming

which explores Bond's suave style.

How did you first become involved with the Bond movies?
The two producers, Barbara Broccoli and Michael Wilson, just started to think about producing a new series of Bond films with Pierce Brosnan, and they were looking for a new costume designer. I think they had seen my films like The Krays and Four Weddings and a Funeral — none of them particularly relevant. But I don't know, I hope they'd heard that I was OK and I suppose they were looking for somebody British anyway.

What were you hoping to achieve in GoldenEye, given that it was the first movie since the underwhelming Dalton era?
I looked at the various Bond films and my idea was that I wanted to get back to the sort of, well, I say the suave sophistication of Sean Connery. Even though it was the 1990s, I wanted to bring something of that Connery feeling to Pierce Brosnan and not go in a sort of casual unsuited, street kind of way. I wanted to go back to elegance.

Why is it best to keep Bond classic and timeless? Did you find the flares and safari suits of the 1970s ridiculous?
My idea of Bond is that one reads about Ian Fleming and how and why Bond came to be imagined. He isn't a flashy character. He is an upper-middle class member of society and he's a naval, military person and so to me he wouldn't have worn those kind of clothes. Neither would he have worn those street and slightly Miami Vice clothes that Timothy Dalton wore. As a member of the establishment, he would have dressed well, cleanly and classically. His wardrobe wouldn't have that many clothes but what he did have would conform to a formula.

So, is the classic tailoring very much a part of Bond's timelessness?
Yes, but now when we came to do Daniel Craig some sort of decision had been made: we took into account that most likely the Bond Daniel Craig was playing would have been at war undercover or in the SAS (Afghanistan, Iraq or Northern Ireland). So that meant we had slightly different things going into operation.

For style and looks, who was your favourite Bond?
Truly my favourite Bond was Sean Connery ... for the tailoring. But I really, really like the tailoring of George Lazenby. I think that if you look at pictures and photographs of him his tailoring is slightly fashionable and immaculate — but no one ever mentions him. I think Lazenby was tailored by a man called Dimi Major: a forgotten tailor for a forgotten Bond. Oh and of course I liked Pierce.

Do you believe that his tailoring and smart casual looks are how men should dress?
I'd rather people look like him than that they were hyper-fashionable with terrible tight trousers that make your arse look fat with very short tight jackets that look terrible on most people.

Lightbox, TIFF Lightbox

Bond style retrospective

In celebration of 50 years of the James Bond franchise, the TIFF Bell Lightbox is putting on an exhibition celebrating the iconic agent's look.

Designing 007 — Fifty Years of Bond Style will focus on the very British stylings of one of the world's most influential movie brands and its influence on automotive design, technology fashion and more over the last five decades.

Some of the items on display will include the steel teeth worn by Richard "Jaws" Kiel in The Spy Who Loved Me; storyboards for Diamonds are Forever; the overcoat worn by Sean Connery in Dr. No; the poker table from Casino Royale and gadgets from Q Branch — including the attaché case in From Russia With Love.

The exhibition runs from Oct. 26 to Jan. 20, 2013. Fore more information, visit tiff.net. METRO

007 style: It's a white-out

From the spivvy gold-pin bar shirt to the Asian-inspired Nehru, the white shirt is the stalwart of any man's wardrobe, including James Bond. We check out this season's selection of crisp, smart and stylish shirts.

RICHARD PECKETT
Metro World News in London

GoldenEye for style: Pierce Brosnan looks suave in Brioni.
CONTRIBUTED

Topman white best curve collar shirt
$52, topman.com

Brioni-pleated bib-front tuxedo shirt
$725, mrporter.com

Reiss Buster shirt with gold pin
$160, reiss.com

Rake Lounge, Nehru collar Marcella shirt
$334, matchesfashion.com

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@Jeanne_Beker: For @AirCanada 's 75th, I'm hosting a show of past flight attendants' uniforms. If YOU were designing one today, what would it look like?

@KirkInMontreal
with the way passengers act on planes lately, I would think attendants uniform should be #ROBOCOP -ISH

@Jeanne_Beker
That's FUNNY!

@JoHNNYBANKS
like the outfit the first ever woman to fly wore.

@Jeanne_Beker
You mean an Amelia Earhardt get-up? I suppose the retro look is always cool...

@ava_duquette
What part of fashion did you not expect before reaching your position? It's still a fantasy world for a lot of us.

@Jeanne_Beker
I didn't expect people in fashion to be so fickle. I always want to believe the best in people. But some just don't deliver.

@Jeanne_Beker: Hi ho, hi ho! The Thanksgiving farm clean-up!

@Jeanne_Beker: With the masterful @philipsparks at his way cool Ossington Ave shop. Great threads for men+women!

The Kit

Canadian street style

Spotted in: Vancouver

Celia
Human Resources
Age: 31

What she's wearing
Joe Fresh blouse, Club Monaco trousers, Fry shoes, vintage Coach bag.

Her inspiration
"Vintage, beaten up and a little masculine."

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

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METRO CUSTOM PUBLISHING

PLAY LOST AND FOUND IN KAWARTHAS CORN MAZE

Now is the time to get lost in The Kawarthas and Northumberland. That means literally losing yourself and your family in one of the region's fun and challenging corn mazes.

Cricklewood Farm, east of the GTA and just west of Brighton along Highway 2, boasts a six-acre labyrinth formed around three American badgers. It is also raising awareness for endangered species with a percentage of ticket sales going to the Canadian Wildlife Federation. You can't leave without also buying some cider, maple syrup, honey and one of their 44 varieties of apples. The maze is open daily until Nov. 4.

Another maze north of Rice Lake can be explored as part of the Keene Pumpkin Festival on Oct. 20. While the farmers' Olympics and giant pumpkin weigh-off are happening at the fair grounds, you can tackle the corn maze just east of town at Nelson Berry Farm (3392 County Road #2).

Further north into The Kawarthas is McLean Berry Farm (southeast of Buckhorn off Curve Lake Road), which is hosting a pumpkin festival every weekend through October. They have three mazes to solve and one of them is haunted.

In the Lindsay area, check out the six-acre maze at Sweet Scent Farm (250 Thunderbridge Rd., northwest of the airport). It's open every weekend until the end of October and also sells pumpkins, gourds and squash.

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Toronto
Should they be runny or firm? With raisins or plain? The topic of what makes the perfect tart is much debated among aficionados, but the best answer is personal:
"Did you wipe your hands after eating one or lick your fingers clean?"
It's quite possible that the first butter tart was baked at a farmhouse in the Kawarthas or Northumberland. So, plot your next culinary getaway to the land of 1,000 perfect getaways, and savour the region's best butter tarts, whether they be dense or crumbly, warmed or from the fridge.
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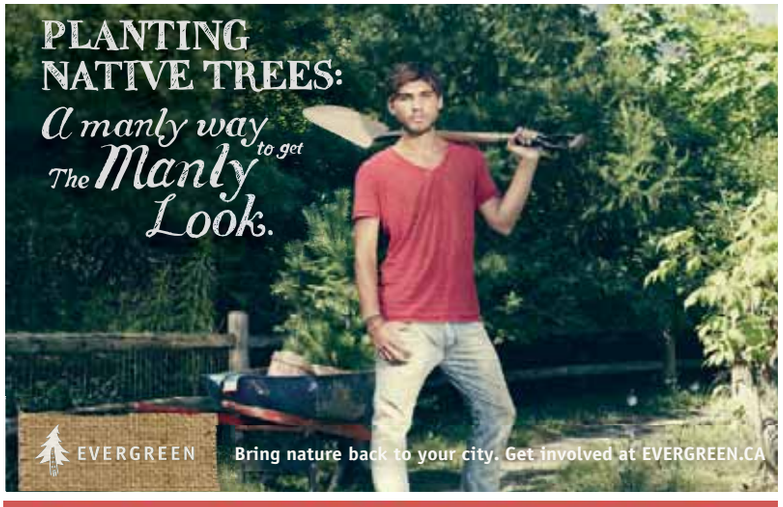
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Beauty and the bust

Think pink. Elizabeth Hurley and cosmetic behemoth Estée Lauder continue their fight against cancer

ELIZABETH BEDDALL
life@metronews.ca

Elizabeth Hurley
PROVIDED

It has been 18 years since Elizabeth Hurley decided to join forces with Evelyn Lauder, raising awareness worldwide for The Estée Lauder Company's Breast Cancer Awareness Campaign and funds for the Breast Cancer Research Foundation. She sat down with Metro to talk memories, motivation and makeup.

Can you recall a time that you saw the direct impact of these foundations on the people they aim to help?
Funny enough, it was in Toronto. I was here a couple of years ago with Evelyn Lauder and we were doing a personal appearance in the store. We often see people are going through treatment, we often meet survivors and sometimes people come to us who have just lost a loved one. I remember in this particular instance there were three girls who came up to us to have us sign their lip glosses, they were all very young, they were all under 20, and they all had bright, fun wigs on. The reason they had that is because they were going through chemotherapy. They wanted to come out to support us. They looked so fabulous and they were so brave to come out to that meeting; we never forgot those girls. I really hope they made it.

As a celebrity you can choose to lend your name to any foundation and inevitably bring a great deal of attention to it. Why this one in particular?
Well every cause is important, but when Evelyn Lauder asked me to join this crusade it was particularly important to me because I'd just lost my grandmother to breast cancer. Since then, over the years, sadly, many of my own friends have been diagnosed with breast cancer. The fortunate thing is that in their cases they all found their lumps early and they've all survived. And I think that sort of story, is something that just keeps us going.

For this, the 20th anniversary of the BCA campaign, Estée Lauder has released a handful of products for which a percentage of the proceeds will be donated to the cause. Any items you're loving right now?
I can't help but say that there's one lip gloss in particular that I'd love to draw attention to. It's named after me. It's called Pink Innocence and it's in a very beautiful little pot. Every year Estée Lauder names a lip gloss or lipstick after me and after Evelyn. We get sent lots of colours, and this was the prettiest one so I chose it personally.

ELIZABETH'S GLOSS IS PART OF THE EVELYN LAUDER AND ELIZABETH HURLEY DREAM LIP COLLECTION, WHICH COMES WITH A LIPSTICK AND A CLUTCH. IT AND OTHER BCA BEAUTY PRODUCTS ARE AVAILABLE NOW AT THE BAY AND OTHER PARTICIPATING RETAILERS.

J. Crew's fall-holiday womenswear line draws inspiration from the famed photographs of the late American lensman Irving Penn.
HANDOUT/THE CANADIAN PRESS

Boys allowed. Girls, get your man to guys J. Crew

With Henleys from Canada, socks from Wales and Japanese denim, international influence is threaded throughout a sizeable portion of menswear offerings carried by U.S. brand J. Crew.

The American retailer opened its first international location — a stand-alone women's store — in Toronto last year. With the subsequent launch of locations in Vancouver and Edmonton featuring items for men and women, the brand is continuing its northern expansion with a return to the Canadian city where it initially opened.

Menswear has made its debut in Toronto at its newly opened location in the Eaton Centre, which also features the retailer's women's collection. Another store is set to open at Fairview Mall on Oct. 31.

Frank Muytjens, head of men's design for J. Crew, said they seek to design menswear for a guy interested in quality and fashion but who "doesn't want to stand out too much."

THE CANADIAN PRESS

NEED A RIDE?
Read metro drive every Wednesday.

Style in brief

Ann brings the classics to Canada

New York-based retailer Ann Taylor opened for business at Eaton Centre in Toronto on Friday. The store joins the ever-swelling ranks of American and international chains that have set up shop here. Ann Taylor spokesman Andrew Taylor said the retailer sees Canada as a great market and it was a "natural first step" to launch their first international store north of the border.

THE CANADIAN PRESS

Bringing ancient and exotic Middle East cuisine to 2012

Ingredients

- 4 medium potatoes, sliced into 1/2 inch rounds
- 1/2 cup peanut oil
- 2 lb ground lamb
- 1 onion, finely chopped
- 1/2 cup parsley, finely chopped
- 1 tsp cinnamon
- 1 tsp allspice
- salt and pepper
- 1 cup tahini
- juice of 2 lemons (or more)
- juice of 1 orange
- zest of 1 orange
- 2 cups water
- sea salt
- 1/2 cup pine nuts, toasted
- a handful of chopped parsley, to garnish

"Kofta is ground meat, usually lamb, mixed with onion and fresh herbs like parsley and mint, and seasoned delicately with a few spices," writes Suzanne Husseini in Modern Flavors of Arabia, which offers a modern take on cuisine from the region. There are many versions. This one is a delicious way to use tahini. Tahini has a nutty and earthy flavour and the orange zest and juice cut through that.

My mother used to whip this up at the last minute and have it on the table in half an hour before the guests arrived, as she was never satisfied with the endless number of dishes she had already prepared!"

Now is a great time to get acquainted with food from the region as Middle Eastern cuisine is poised to be the next big global food trend.

Many of the current "buzziest" restaurants in the U.S. and the U.K. are Middle Eastern, so it's only a matter of time before the style hits Canada.

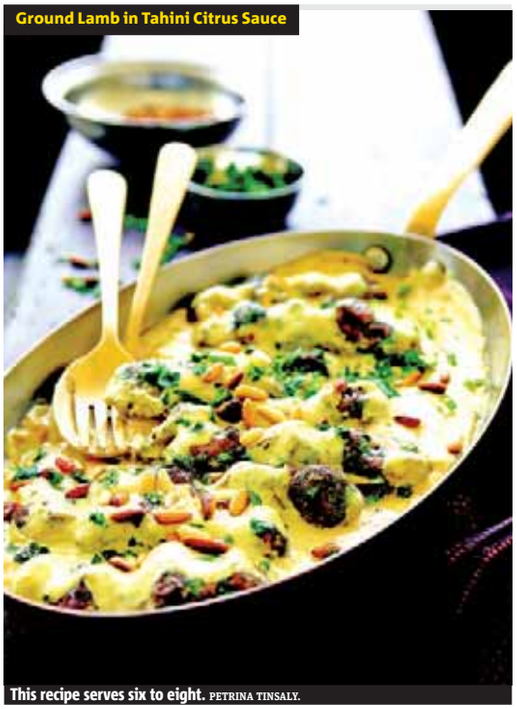
1. Peel, wash and slice potatoes into rounds. Heat the peanut oil in a large frying pan and fry the potatoes until golden on both sides. Remove and place on absorbent paper to cool.

2. Preheat the oven to 350 F.

3. In a large bowl, combine the ground lamb, onion, parsley, cinnamon, allspice, salt and pepper. In a baking dish, place the potatoes in one layer.

4. Shape the kofta into long sausages (about 6 inches) and place on top. Bake in the oven for 10 minutes until partially cooked. Remove. Keep the oven on while you make the sauce. Mix the tahini, lemon juice, orange juice, orange zest, water and salt to taste. It should be a pourable consistency and creamy. Pour the sauce all over and return to the oven to finish cooking and to thicken the sauce slightly, about 20 minutes. Garnish with toasted pine nuts and parsley. Serve hot with white rice. **ALL RECIPES EXCERPTED FROM MODERN FLAVORS OF ARABIA: RECIPES AND MEMORIES FROM MY MIDDLE EASTERN KITCHEN. COPYRIGHT © 2012 SUZANNE HUSSEINI. PUBLISHED BY APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.**

Ground Lamb in Tahini Citrus Sauce



This recipe serves six to eight. PETRINA TINSALY.

Cookbook of the Week

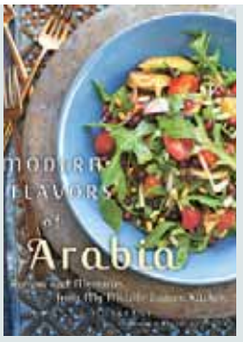
Modern take on Middle East dishes

Suzanne Husseini, host of Top Chef Middle East, splits her time between Ottawa and Dubai.

Influenced by her travels, she has released Modern Flavors of Arabia: Recipes and Memories of My Middle Eastern Kitchen. Focused on offering readers dishes that are healthy, full of flavour and exotic, the book explores a food culture that spans centuries.

Husseini's refreshingly new take on the traditional includes recipes that are arranged by breakfast, lunch, dinner and dessert.

The author also includes



stories and ideas on how to serve each dish with beautiful illustrations.

Among the recipes are: Meat and Eggplant Flatbreads, Stuffed Peppers, Baked Baklawa Cheesecake, Sea Bass Wrapped in Vine Leaves and more. **METRO**

Braised Green Beans and Tomatoes. Vegetarian side dish for rice or meat

"This is a beautiful vegetarian dish best eaten at room temperature or even cold straight from the fridge," writes Suzanne Husseini in Modern Flavors of Arabia.

"It makes a perfect side dish with rice or meat. Traditionally it is eaten ... by pinching morsels with pita bread. The braised whole garlic is a sweet surprise."

1. In a large frying pan, heat the olive oil and sauté garlic and onions until soft. Add the green beans and stir well (beans will turn a deep green). Cover and continue cooking for 5 minutes.

2. Remove lid and add chopped tomatoes, cloves of unpeeled garlic, tomato paste and sugar. Season with salt and pepper. Lower heat, cover, and allow to simmer for 30 minutes until sauce thickens and beans are tender.

Ingredients

- 1/2 cup olive oil
- 12 cloves garlic, sliced thin
- 2 onions, chopped
- 4 cups green beans, cut diagonally
- 4 cups chopped tomatoes
- 1 head of garlic, cloves separated, unpeeled
- 2 tbsp tomato paste
- 1 tbsp sugar
- salt and pepper

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PUTTING VISION ON HEALTH AGENDA

"When was the last time you had your eyes tested?" is a question CNIB president and CEO John Rafferty likes to ask people. As chair of VISION 2020 Canada (a network of organizations focused on key issues related to vision loss), Rafferty seizes the opportunity to ensure people understand the importance of having their eyes tested.

"Few Canadians realize that vision loss can happen to anyone, at any age", says Rafferty, "but many Canadians are not aware that 75 per cent of vision loss can be prevented or treated."

According to Rafferty, the issue is more urgent than ever. Oct. 11 marks World Sight Day, which is an international day of awareness about vision health.

The main goal of VISION 2020 is the elimination of avoidable blindness globally. In developing countries, vision loss can be related to unsafe water and a significant portion of blind people in the world have cataracts. In Canada, the issues are largely related to the fact that our population is aging.

"Regardless of the issues each country faces, prevention of blindness and vision loss needs to be on the health scorecard, and every country needs an implementation plan," Rafferty told MPs, senators and ambassadors in Ottawa last week.

"Canada needs a plan that will improve public education about eye health; one that will allow Canadians access to approved treatments, rehabilitation, provide funding for research and show continued support to international blindness prevention efforts," says Rafferty.

VISION 2020 Canada is part of VISION 2020, the global initiative for the elimination of avoidable blindness, a joint program of the World Health Organization (WHO) and the International Agency for the Prevention of Blindness (IAPB) with an international membership of NGOs, professional associations, eye care institutions and corporations.

– Sarah Pettersen, VISION 2020 Canada

Vision 2012 Quest

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www.ffb.ca/visionquest or 1.800.461.3331

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VISION QUEST FOR HOPE

Donna Green, left, at the Foundation Fighting Blindness' annual Ride for Sight fundraiser with the charity's president and CEO, Sharon Colle.

VISION QUEST PHOTO

For Donna Green, attending her first Vision Quest conference was "like Dorothy finding home."

Green was diagnosed with retinitis pigmentosa (RP) in her 20s. For the first few years she ignored it, but as her vision deteriorated she had to face the fact that she was losing her sight.

"The limits of my vision and my likely future preyed on my mind all of the time. I felt disconnected from my family and friends; no one I knew had experienced anything similar. I lived with growing isolation and fear," Green says.

Then Green heard about Vision Quest, a conference organized by the Foundation Fighting Blindness (FFB), a Canadian charity dedicated to finding the causes, treatments and cures for retinal diseases like macular degeneration and RP.

"For me, Vision Quest was like Dorothy finding home," Green says.

"I learned so much from the researchers, and for the first time there was something I could do."

And "do" she did. Green organized future Vision Quests and eventually became the first visually impaired person to serve as chair of the FFB board of directors.

"Vision Quest helped me learn about my own disease and inspired me to get involved," Green says. "It is a pattern I have seen happen over and over again. Vision Quest is a key part of the stories of most of our board members, fundraising volunteers and patient spokespeople."

Are you the next Donna Green? Attend Vision Quest Toronto on Nov. 3. Register at ffb.ca/visionquest or call 1-800-461-3331, ext. 263.

– Erin George

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TWO OUT OF THREE OF THE WORLD'S BLIND ARE WOMEN

©ELLEN CRYSTAL PHOTOGRAPHY

Two-thirds of the world's 39 million blind people are women and girls, primarily because they receive treatment half as often as men. With 90 per cent of the world's blind living in developing countries, the number of women and girls struggling for life's most basic needs is a shocking but relatively unknown statistic.

Gender and blindness inequity exists across virtually all of the preventable and treatable conditions causing blindness, including cataracts, the most common cause of avoidable blindness, glaucoma and trachoma. Women and girls of all ages are more frequently exposed to causative factors such as infectious diseases and they use eye care services less frequently than men. This is primarily associated with the low literacy rates and the low socioeconomic status of women.

Seva Canada, an international development organization, has been working for 30 years to restore sight and prevent blindness in the developing world by creating local, sustainable programs that achieve long-term change. Seva has taken explicit leadership in the gender and blindness global initiative by developing specific strategies focused on overcoming cultural and economic barriers for women and girls to access eye care.

Seva believes it is imperative to find solutions to address gender and blindness inequity to help women and girls have a healthy and productive life, gain an education, have a family and escape the cycle of poverty. Giving women and girls the power of sight positively changes their lives, the lives of their family and their entire community.

For more information, visit seva.ca or call 1-877-460-6622 toll-free.

– Penny Lyons, Seva Canada executive director

AMI AIMS TO MAKE MEDIA ACCESSIBLE

SERVING MORE THAN 5 MILLION CANADIANS

Accessible Media Inc. (AMI) is a not-for-profit multimedia organization operating two broadcast services, AMI-audio and AMI-tv, as well as a website (ami.ca).

AMI serves more than five million Canadians who are blind or with low vision, deaf or hard of hearing, learning disabled, mobility or print restricted, or learning English as a second language by making print, broadcast and online media accessible.

AMI's mission is simple: To make all media accessible to all Canadians. In pursuit of that mission, AMI believes that for all impacted and concerned Canadians, AMI can be a new model media organization that creates, advocates, collaborates and enables accessibility to all media.

AMI's engagement with the community expands well beyond its media services. In 2012, AMI launched a scholarship program that awards two $5,000 scholarships per year to qualifying individuals, one of which is reserved for a student with a permanent disability.

In addition, AMI is reaching out to Canadians who are blind or with low vision to help shape the future of accessible media in Canada by joining its research panel. The research panel will provide an opportunity for people who are blind or with low vision the opportunity to have their voices heard and offer recommendations to better service that community.

Finally, AMI, in conjunction with the CRTC's Described Video Working Group and the Canadian Association of Broadcasters (CAB), has developed a Described Video TV Guide (DV Guide). The DV Guide is a comprehensive list of most described television programming across Canada and can easily be accessed by visiting ami.ca/dvguide or by calling 1-855-855-1144.

For further information on AMI and its various programs and initiatives, please visit ami.ca.

A $50 DONATION IS GOOD FOR ONE CATARACT SURGERY.

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With a $50 donation, you will provide a life-changing cataract surgery to someone in need in the developing world. Donate at seva.ca or call 1-877-460-6622 toll-free.

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TO MAKE ALL MEDIA ACCESSIBLE
TO ALL CANADIANS

Accessible Media Inc. (AMI) is a not-for-profit multimedia organization operating two broadcast services, AMI-tv, AMI-audio and website AMI.ca.

JOIN AMI'S NEW RESEARCH PANEL

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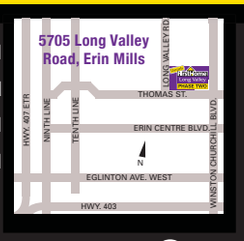

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E is for Eglinton

The rendering of E condos: Two towers of 38 and 64 storeys located at Yonge and Eglinton streets. SUBMITTED

1 Meet the condo

- **What.** E condominium residences
- **Builder.** Bazis Inc., RioCan and Metropia
- **Location.** Yonge and Eglinton
- **Website.** econdos.ca
- **Sizes.** From 480 to 1,200 sq. ft.
- **Pricing.** Starting from the low-$300,000s

2 The project overview

With two towers of 38 and 64 storeys, Bazis new E Condos will be Yonge and Eglinton's latest urban residential complex. Featuring a stunning, six-metre (20-ft) high lobby and extensive amenities designed by renowned interior designer Mike Niven, tentative occupancy is slated for 2017.

3 Location, location, location and transit

Located on the northeast corner of the highly desirable Yonge and Eglinton, E Condos is on the Yonge subway line and Eglinton bus routes. Lots of downtown bike paths. A short drive to the Don Valley Parkway or 401 highway.

4 In the neighbourhood

Lots to choose from in this highly walkable locale. Yonge and Eg is known for its lifestyle and entertainment venues. There's the Canada Square, Silver City cinemas and tons of restos and pubs, with myriad shopping choices along Eglinton Avenue.

5 Building amenities

Cantilevered glass pool overlooking the city, a bar with lounge seating, men's and women's saunas and change rooms. There's a fitness room, boxing studio, yoga area, technology lounges and wrap-around outdoor areas with barbecues, dining tables and sunbathing beds.

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5.24%	RBC	3.20%
4.99%	SCOTIA	3.10%
5.24%	TD	3.20%
5.24%	NATIONAL	3.20%
2.89%	BROKER	2.60%

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Rooftop surfing

Renovating your condo

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

Renovation Month is back this October, which means the Canadian Home Builders' Association (CHBA) is hard at work promoting the use of professional renovators across Canada.

This year's campaign invites Canadian homeowners to "unleash" their homes by investing in a renovation that increases property value, as well as the quality of life of its residents. What you might find surprising, however, is the growing popularity of condominium renovations in the GTA.

With limited housing supply as a result of the province's emphasis on intensification, pricing for new homes has caused some GTA residents to explore the renovation path. Some of our RenoMark™ renovators have mentioned that condo renovations have become increasingly popular — enough for us to introduce a new category to our annual Renovation and Custom Building Awards.

A condominium renovation is not much different from renovating a house. One of the main differences, however, is the fact that you have to submit your project to the condo board for approval before you start calling contractors.

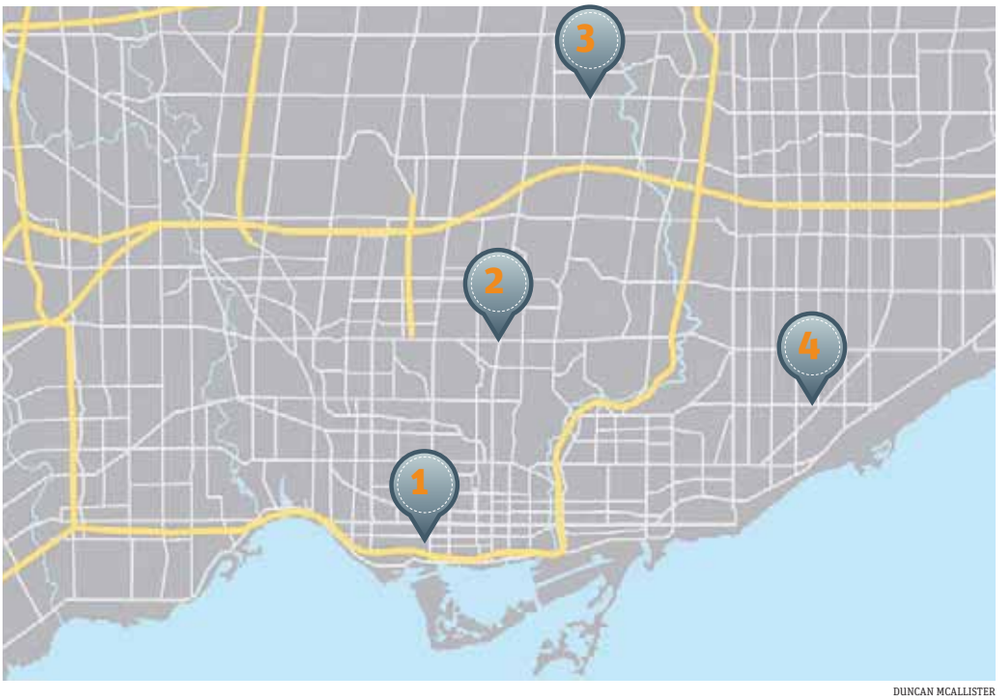
The condo board will decide whether your proposed renovation is appropriate for the building, which takes into consideration any potential structural alteration, elevator booking for materials, waste management for clean-up and any additional issues that may affect the condominium's daily operations and the quality of life of its residents.

Once you're granted approval, it's time to establish a budget. By now you know exactly what parts of your condo will be worked on, but you should always allocate approximately 10 per cent contingency for changes and unexpected conditions.

Keep in mind that with many condominium units being considerably smaller than their low-rise counterparts, major renovations may require you to temporarily move out of your home. Building materials and garbage will likely be stored inside the unit as using the elevator to dispose of them on a daily basis will slow down the process.

Talk to your renovator to establish what is comfortable and most cost-effective for you. It is their job to ensure that your needs are placed first, throughout the entire process.

What's hot on the condo market



DUNCAN MCALLISTER

1. Waterfront condo

Open house

Two beds, two baths. Head on over to 219 Fort York Blvd., Oct. 13 from 1 - 3 p.m. Call 416-391-3232

2. E Condos

Grand opening

Grand opening: E Condos by Bazis. Check it out in the lobby of 2300 Yonge St., Oct. 13 from 12 - 5 p.m. Call 416-243-8688 or visit econdos.ca

3. Bayview & Finch

Palace Gate

Open house: Palace Gate condo residences, two beds, two baths. Check it out at 3181 Bayview Ave., Oct. 13 from 2 - 4 p.m. Call 416-497-8900

4. East end condo

Open house

Huge east end condo, three beds, two baths. Head on over to 10 Mendelssohn St., Oct. 13 - 14 from 1 - 4 p.m. Call 1-866-336-9637

Top apps to buy and sell your condo

Condo trends. Metro looks at five killer apps that you can use to help you buy, sell or find a condo

DUNCAN MCALLISTER
life@metronews.ca

You see them everywhere. Take a look around your subway car.

If people aren't reading Metro, then chances are they're clutching some sort of mobile device (reading Metro), whether it's an iPhone, Blackberry, some kind of tablet, a laptop, iPod or smartphone.

A recent iPass Mobile Workforce Report says that the average mobile worker now carries 3.47 mobile devices.

Homebuyers.com mobile app

This will make the hunt for your new condo a whole lot easier.

Browse thousands of new-construction listings across the GTA and Ontario to view floor plans, save favourites, share listings, create notes, sign up for priority registration.

FREE DOWNLOAD FOR IPAD, IPHONE AND ANDROID

RE/MAX Hallmark app

This app allows you to search for homes and properties listed for sale or lease across the GTA, Muskoka and Prince Edward County.

Using the device's GPS feature you can search for listings near your current location or do an advanced search by detailed information including price, open house, number of bedrooms, bathrooms and other features.

FREE DOWNLOAD

Home 3D for iPad

This app will save you lots of time with your condo layout.

Create your home's floor plan by choosing rooms and arranging them to generate your desired layout.

In Interior mode, you can add furniture and paint or wall paper to each room, playing with layouts and different looks.

$6.99 - $8.99 DOWNLOADS FOR IPAD, IPOD AND IPHONE

Realtor.ca app

This very popular app puts the functionality of realtor.ca in the palm of your hand.

It uses your handheld's GPS capabilities to provide search results near your location. Newly listed properties, open houses with photos, and driving directions are all at your fingertips.

FREE DOWNLOAD FOR IPHONE, BLACKBERRY, WINDOWS PHONE 7, ANDROID

CIBC Home Advisor app

An app for house hunters that promises to make your home-search and home-purchase decision a lot easier.

You can access expert mortgage advice wherever you are. Take it along when you're exploring neighbourhoods, visiting properties, or simply doing research.

FREE DOWNLOAD FOR IPHONE AND BLACKBERRY

An incredible rate of deforestation has permitted the palm oil industry to grow at a rate of nearly 27 per cent per year. ISTOCK IMAGES

Sustainable palm oil: Sourcing the world's leading vegetable oil

How can I find sustainable palm oil?
-Miriam, Saskatoon

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Palm oil — a relatively new kid on the block when it comes to oils — recently passed soya as the world's primary source of vegetable oil.

The simple answer to finding sustainable palm oil is to look for a certification. But of course, it's not really that simple!

Produced primarily in Malaysia and Indonesia, palm oil is known to come with environmental challenges.

The greatest is the incredible rate of deforestation that has permitted the industry to continue to grow at a rate of nearly 27 per cent per year, while keeping the cost of the oil appealingly low to industrial producers.

Certified sustainable palm oil and palm kernel oil are produced at palm oil plantations that comply with the environmental standards of the Roundtable of Sustainable Palm Oil (RSPO).

Among the standards required for RSPO certification is the producer's commitment to preserve "high-value conservation forests." Although this loose protocol has been widely criticized, the RSPO is currently reviewing certification standards.

In the meantime, a certification is still the best bet for concerned consumers.

Have you read a label and not seen palm oil listed? In processed foods, palm oil is often couched in the term vegetable oil. In cosmetics, look for words indicating palm derivatives (like palmitate).

How to avoid unsustainable palm oil:

1 Shop from companies listed in the RSPO's database of sustainable-palm supporters.

2 Look for the RSPO trademark on products.

3 Ask retailers to offer more certified sustainable palm oil products.

4 Ask manufacturers to use certified sustainable palm oil.

5 Visit the World Wildlife Federation at wwf.org to learn about other ways to get involved.

Finding certified sustainable palm oil may be simpler than you think.

A couple of big players in Canada and around the world have set the ambitious goal of using only RSPO certified palm oil in their products by 2015.

Consumers can also find plenty of food and personal-care products that use alternative oils.

Read the labels and make your own informed choice!

Safe cleaning

Don't mix these chemicals!

I have often heard that mixing bleach and ammonia is a bad idea. But I don't know why that is. Can you please explain?
Thanks Mr. Butler!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

You may have already heard, but it's worth repeating: Mixing bleach and ammonia is dangerous.

This combination creates a reaction called chloramine vapor. What this does in simple terms is aggravate respiratory problems. It can cause serious damage to the lungs, going into the blood supply from the lungs and combines with red blood cells so they can no longer carry oxygen.

In addition to this and many other issues, it is also a skin irritant. If you suspect any contact, call and seek medical attention immediately.

It's a very problematic combination. Do not delay seeking help.

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From hotel style to home decor

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New York real estate is notorious for the high prices for small spaces and it always has been consistent with what travellers expect from their hotel rooms.

The Pod Hotel, famous for its tiny rooms at great prices, has never shied away from the small space aspect when it opened up five years ago on 51st Street. Now there's a second 366 room Pod Hotel on 39th Street (located in the Murray Hill district) offering up stylish and practical accommodations from 120-square-feet that is bound to impress any budget conscious traveller. Although limited space is a given, one thing that isn't lacking is the high level of personalized service offered from the staff, the inviting modern lobby and trendy rooftop lounge; wherever you go in the hotel you are guaranteed a smile and hello.

From $150 this centrally located hotel is bound to take Manhattan travellers by storm.

Details I love

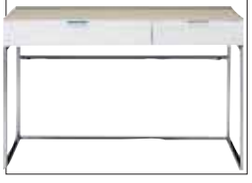
- Each floor is colour coded by carpet colour.
- All furnishings float and do not take up any visual floor space; the more floor you see the larger a space can feel.
- One vertical (the red bulk) and one horizontal (a stripe in the carpet) guides your eye toward the longest and tallest sightline in each room, another trick to show the eye the most space available.
- Colours and style are kept focused. Black, grey, red and white is a signature combination.

The Pod Bunk Room at The Pod 39 Hotel offers no-nonsense, affordable and stylish decor for the budget-conscious visitor to New York City. THEPODHOTEL.COM

Like the look of The Pod 39 Hotel? Here's some decor items to turn your guest space into the perfect sleeping pod.

Keep your dates and times on track with a vintage-inspired Flip Clock, $199, BedBathAndBeyond.ca.

Light, airy and durable make for a stylish desk. Mosco Desk, $600, EQ3.com.



Durable carpet tile offers a custom look to the floor. INS & OUTS carpet tile $17 each, FLOR.com.

Light and airy chairs add durability and style to a desk or dining table. Bertoia Chair, $104, HomeSav.com.

Style inspired by quilted moving blankets. Magical Thinking Quilt, $130, UrbanOutfitters.com.

A shot of red will help add punch to a bulk head or window trim. Tricycle Red 2001-20, BenjaminMoore.com.

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5 Ways to turn your kids' room into a wild kingdom

Rug Company

London-based designers Edward Barber and Jay Osgerby choose to depict animals the way they behave in the wild, so their Fish rug features a school of swimmy friends, while a slithering serpent makes his way across the Snake rug. Therugcompany.com, $5,508 each.

Mimi Lou

In a past life, Miriam Derville was an advertising exec for high-end fragrances. But when she started drawing versions of her children's stuffed animals on their bedroom walls, people took notice, and Mimi Lou was born. She's created a charming collection of wall stickers featuring elephants, mice, penguins, bears and a menagerie of creatures with French flair. Mimilou-shop.fr, $52 and up.

Dwell Studio

This bastion of chic kids' decor offers deer, triceratops, unicorn and zebra papier-mâché wall art that could easily inhabit any room in the house. Owl and unicorn shower curtains are rendered in Dwell's signature muted-colour palette. Here too are French textile designer Paule Marrot's high style, textural Giclee bird paintings on linen. Dwellstudio.com, papier-mache, $76.

Restoration Hardware

Vintage illustrations of rhinos, camels and lions will have children dreaming of exploring Africa. Rhbabyandchild.com, artwork, $439.

Little Lion Studio

Based in Montreal, Leonardo Cortes creates quiet, whimsical-sleepscape wall decals. A watchful mommy giraffe can be positioned over the crib, with baby giraffe on the other side. Cortes' simple and charming style is reminiscent of that of Babar's creator, Laurent de Brunhoff. Leolittlelion.etsy.com, $97.

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Orange is warming up homes this fall

Colour tips. By using it creatively and carefully, orange can be a popular fall colour indoor and out

Leaves are changing and pumpkins are appearing on doorsteps around the country. As vibrant shades of orange fill the outdoors, they're also becoming increasingly popular inside.

Upholstery fabrics, paint colours, furniture and accessories that range from neon orange to tangerine to terra cotta are getting attention this season.

But orange isn't for everyone. When interior designers suggest decorating with orange, clients can get nervous. Designer Kyle Schuneman often eases homeowners into using orange by suggesting variations on it.

"The idea of orange can sound juvenile and unsophisticated," Schuneman says. "But if you go with umbers, burnt bricks or terra cottas, you can sell a client on the idea much easier."

Here, Schuneman and designers Brian Patrick Flynn and Betsy Burnham offer tips on decorating with the colour orange and avoiding the pitfalls of using it badly.

How much to use?

Orange can be overpowering as the main colour in a room. But, like red, it works brilliantly as an accent colour.

"I don't suggest painting your walls orange," Burnham says. "But maybe there's an orange in the print on your pillows."

It can be casual ("maybe you bring in a garden stool that's bright orange"), or chic and sophisticated ("think of Hermes orange, those shopping boxes"), she says. In a bedroom with muted, grey-blue walls, Burnham opted to add lacquered end tables in a rich shade of orange.

Orange paint can also be a great way to spruce up a dated piece of furniture.

"Think about painting a great old chest of drawers a beautiful shade in a high gloss," Schuneman says, "and changing out the knobs to really special crystal knobs to make a statement piece in a room."

Which shades are best?

All three designers like earthy burnt orange tones that are almost as brown as they are orange.

"With a burnt orange, you'd be surprised what the paint chip looks like," Burnham says. "It looks more like a brown. But you paint a piece of furniture that colour, and it reads orange. It does what it's supposed to do — it brings some whimsy."

Flynn also likes using red-orange, "ideal for more youthful or edgy rooms."

The style of your home may help determine which shades you choose, says Schuneman. "Terra cotta is a beautiful backdrop for a traditional or retro feeling space, while pops of a more neon orange could be really fun for a modern space."

Whatever tone you choose, Schuneman suggests testing a sample if you've decided to take the plunge and paint with orange.

Where does it work?

Orange can look good anywhere in your home, but these designers say it's especially beautiful for bedrooms.

"Orange is my favourite choice for kids' rooms, because it's totally gender-neutral," Flynn says. "My favourite combo for a kids' space is tangerine and white. It's clean and classic."

Schuneman agrees: "I love a warm shade of orange for a bedroom. My last bedroom was a burnt brick. It felt so warm and cozy," he says. "It really works well with dim lighting at night, but also can invigorate you to wake up in the morning."

Burnham is using orange and white gingham print draperies, along with navy blue and dark denim upholstery, to decorate the bedroom of a preteen boy. "It's boyish, but sophisticated," she says. "Not over-the-top country or anything. Sort of preppy."

What goes with orange?

"I love pairing grey with orange," Schuneman says. "It immediately amps up the hip factor and brings it into a contemporary setting. It works well because grey has a cool base, where orange is warm. So the balance really creates harmony in a room."

Along with pale greys and deep charcoals, orange also goes well with dark and light blues and also browns, taupe, cream or white.

What to avoid?

"I find yellow-orange the hardest to work with," Flynn says, "because it's very limited in accent colour choices." Burnham agrees, saying it's best to avoid "that school-bus orange."

If you're going with a bright orange, just be sure you'll enjoy it long-term.

Edgy, bright shades are "really going to pop and give your room some personality," Burnham says. But "a little goes a long way," and what's hot today may quickly go out of style.

"Like any trend," she says, "use it sparingly."

THE ASSOCIATED PRESS

A neutral master bath brightened with a vintage, Chinese burnt orange garden stool. THE ASSOCIATED PRESS/BETSEY BURNHAM/BURNHAM DESIGNS

Brian Patrick Flynn mixes patterned wallpaper and patterned curtains, both featuring the same shade of red-orange. THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

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BEAVERBROOK

Summer travel leaves us longing for ocean sunsets, foreign street scenes and other only-on-vacation sights. How can we hold onto some of that beauty and bring it into our living spaces?

THE ASSOCIATED PRESS

Vacation over? Bring that vibe home

Begin a collection

Interior designer Kyle Schuneman suggests picking up similar items from different places to create a collection that will grow with each vacation. "Whether it be something free, like ticket stubs from everywhere you've been together, or pottery that you can display together," he says, "incorporating these memories are what good design is all about."

"I think creating a collection in your home from your travels is such an important part of design," says Schuneman. "I actually have a chapter in my book called 'The Collector,' as I think those collections are what are so important to making a house a home." Interior designer Betsy Burnham agrees: On her family's first trip to Paris, her children bought inexpensive Eiffel Tower statues sold on street corners. "It's so corny when you're there," she says. But if you gather similar items during and after a trip and display them together, it becomes a design statement and conversation piece.

Australian photographer Brian Patrick Flynn's love of the warm, gold-yellow Australian sun inspired the designer to paint his client's dining room in bright yellow tones.
THE ASSOCIATED PRESS/ BRIAN PATRICK FLYNN

Unexpected accents

As you look through travel photos or remember favourite spots, think about the details: Maybe you saw unique, beautiful doors in a city or town you visited, Burnham says.

"How about changing your front door hardware to something that's really like a Londoner would have? It's those kinds of touches," she says, like painting a door the same colour as doors you saw on a trip, that keep a trip with you. "It becomes a conversation piece" when people visit, she says.

"For a coastal, beachy vibe," Schuneman says you can accomplish the same thing by "layering textures like a chunky sisal rug, wood tables and linen curtains. By keeping the colour palette fairly subdued with shades of blues, greys and creams, the room will work all year long but still give a relaxed and breezy environment."

And always pick up something for your home during every trip, he advises: "It could be a small accessory or a larger item like a chair, but these are really what make a room interesting."

Fresh use of photos

When you return with photos from your trip, skip traditional frames in favour of something more creative.

"A great idea for displaying photos is taking some of your favourites and finding a rustic slab of wood or maybe a sleek piece of metal," Schuneman says, and decoupaging the photos in a random pattern. "For little or no money, you have a cool art piece that will forever be a memory board and can be customized to just your taste and the trip's feeling."

Choose the material based on the vibe of your destination — perhaps mount camping photos on unfinished wood or photos from an urban destination on metal. Another option is choosing "a more artistic-feeling photo, maybe a landscape or a close-up shot — and having it blown up on canvas. Interior designer Brian Patrick Flynn says another powerful way to use vacation photos is to have them printed in black and white. Against a colorful wall, the images will pop out, bringing back vivid memories.

The lush orange trees of California serve as inspiration in a client's den for designer, Brian Patrick Flynn, where he layered several shades of orange throughout the space.
THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

Locally-grown items

Flynn urges travellers to buy original, local art. Whether it depicts your destination or just captures the area's sensibility, the work of local painters and artisans can commemorate your trip and add beauty to your home.

Local art is often extremely affordable, Flynn says, "and it's a permanent story sitting on your walls. You're filling the walls and telling a story about your vacation."

Along with appreciating artistic beauty, also keep natural beauty in mind: Burnham suggests taking note of the plants and flowers you saw during your summer travel. If the climate is at all similar, try to use the same or similar plants in your own yard. "Maybe it's a topiary in a pot, something European," she says, or beach grass that evokes a sleepy seaside town you loved visiting.

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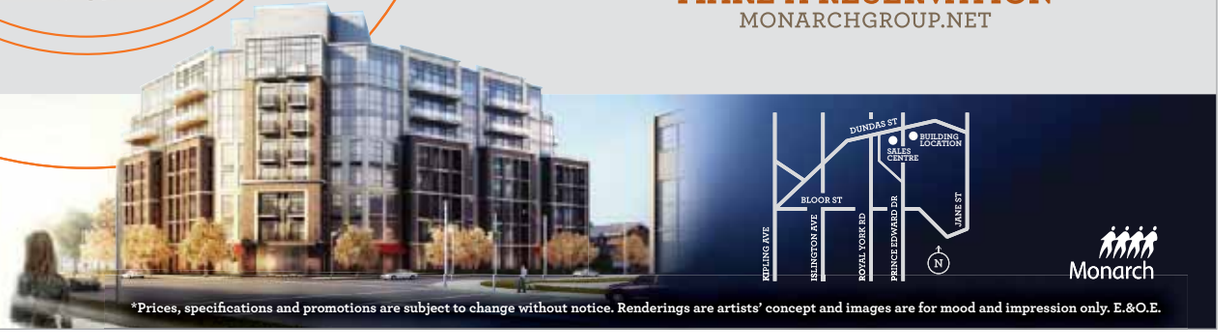

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What to expect when you're expecting... house guests

Making your guests feel right at home is one of the challenges of creating a guest room. NEWS CANADA

Tips. A little gesture can go a long way when preparing a guest room

The key to making a lasting impression on your guests is to provide all the comforts you would expect to find at home, but with a personal touch.

As the proverb goes, "a home without guests is a home without soul." So as the host, return the favour by filling your guest room with some of that soul.

Sally Morse, director of creative services for window fashions company Hunter Douglas, offers the following tips on guest room decor.

Luggage racks
How many times have you entered a guest room and there was no place to put down any luggage? Arranging a place for your guests' belongings in a small bedroom can be a challenge, but consider a folding luggage rack that can easily be put away and won't take up too much space.

Closet
A closet is useless without any hangers, so don't forget to supply at least eight to 10 hangers for your guests.

It's also a good idea to put simple hooks on the wall or behind a closet door for coats, scarves or bags.

Flowers
A great way to add a personal touch to your guest room is by putting flowers on a bedside table or bureau.

The flowers don't have to be fresh necessarily; dried hydrangeas, for instance, live longer and provide an elegant, vintage look to a room. During the holiday season, try filling a vase with dry arrangements or a large bowl with pine cones for a festive and eye-catching addition.

Provide privacy
Part of making your guests feel at home is providing adequate privacy. Choose window coverings that not only add character to the room, but provide privacy and light control as well.

Products such as Silhouette window shadings from Hunter Douglas do just that: the shadings diffuse light through two fabric layers for a radiant and calming effect with the added benefit of providing privacy.

Converting your office space
Many people don't have the extra room in their homes to set up a special guest room, so they combine spaces into multifunctional areas.

The work space/guest room is a great option for creating a cosy and versatile space.

Once you've determined how your multi-use space should be divided, consider investing in a pullout couch, especially if you have frequent visitors.

Mirrors
Be sure that there is at least one mirror in the room, whether it's in the bedroom itself or the bathroom.

A floor-length mirror is an added luxury that your guests will definitely appreciate.

Small touches
A little gesture can go a long way.

Consider leaving a welcome note or a pouch of lavender on the pillow to make your guests feel special.

Also give your guest room an intimate feel by including a family photo or two or some of your favourite books

With these simple tips you'll have a hard time getting your guests to leave.

NEWS CANADA

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CREATIVE: LA-ADS.COM

When the lights go out, will you be prepared?

Don't wait until the power goes out to start thinking, "Where's the flashlight?"

Power outages are becoming a fact of life at any time of year. Recent years have seen a number of strong storms and hurricanes knock out power to suburban and rural homes.

Here's a refresher on how to be ready:

What to have

James A. Judge II, a member of the American Red Cross' Scientific Advisory Council and executive director of Lake EMS, Inc. in Mount Dora, Fla., recommends putting emergency supplies into a plastic storage bin and slipping it under your bed. That way, he said, you'll always know where to look.

He also suggests putting emergency supplies in an old suitcase with wheels. If you have to evacuate, "you have your kit on wheels," he said.

1. Food and water

Judge recommends storing one gallon of water per day per person and keeping a two-week supply. He said water will keep for about six months if not exposed to heat. He also advises keeping unscented bleach on hand in case you have to chlorinate the water.

Stock up on non-perishable, easy-to-prepare foods for the same period of time: cans of fish, meat, fruits, vegetables and soups, as well as canned or boxed milk and juice. Remember to have a hand-operated (not electric) can opener, said Kit Selzer, a senior editor at Better Homes and Gardens.

2. Flashlights and extra batteries

Check the batteries every few months, Judge advises.

Emergency preparedness experts advise against using candles because of the fire risk.

3. Medication

Put a week's supply of medication in your emergency kit; you may need it if you're evacuated. And don't forget a first aid kit.

4. Personal papers

In case of evacuation or damage to your property, it's helpful to have copies of important papers like birth certificates or insurance policies with you.

5. Miscellaneous

Don't forget cellphone chargers, which you can use if you find a neighbour, library, coffee shop or other spot that has power and lets you plug in.

Car chargers also can be helpful if you have to evacuate. Keep some cash on hand; ATMs need power, too, and you won't be able to withdraw funds from them if the bank also has been hit by the power outage.

And to keep up with what's going on, Judge recommends a battery-operated radio and perhaps a NOAA weather radio, both with batteries. A multipurpose tool also might be handy.

What to do

Turn off and unplug appliances, computers, televisions and other electrical equipment so they won't be damaged by any power surges that might occur while power is being restored.

Avoid opening the refrigerator or freezer.

Generally, food in the refrigerator will stay cold enough for four hours, while food in the freezer will remain frozen for 48 hours in a packed freezer or 24 hours in one that's half full. If it's in the middle of winter, consider burying food in the snow or putting it in the car to keep it cold. Foods like eggs, mayonnaise, leftovers and soft cheeses are among the fastest to spoil, Selzer says.

"If you have food exposed to temperatures above 40 degrees or more it might not be safe to eat," Judge said. Use your thermometer to check.

Also, make sure you have gas in your car. You won't be able to fill up if gas stations are affected by the blackout.

Increasing numbers of people fed up with repeated power outages are purchasing generators. "Generators come in all sizes and shapes," Judge said. Some may be sufficient to run the refrigerator, some can run multiple appliances. But they must be used properly. A generator should never be run inside a home.

THE ASSOCIATED PRESS

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Tommy Williams of Pensacola, Fla., installs a bolt on a power line pole as his crew repairs downed power lines after a severe storm. Experts recommend putting emergency supplies into a plastic storage bin and slipping it under the bed in the master bedroom. That way you'll always know where to look.

CLIFF OWEN/THE ASSOCIATED PRESS FILE

Falling concrete

Condo safety comes first

I live in a fairly new condominium (four years old) and a while back when it was raining hard, I could hear loud bangs on my balcony. Upon closer inspection, I realized that chunks of the overhanging building above my balcony were dislodging and dropping onto my balcony.

What remained was an uneven concrete edge where you can actually see some of the rebar where the chunks of concrete are missing. I approached the building manager and heard nothing. I have now written a letter to the condo corporation as I would like to get the damage fixed. It is unsightly and perhaps dangerous. I received a response back from the Board of Directors that indicated as it was only cosmetic, they would address it in the future. I am frustrated by this answer and wonder if I have any recourse.

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Falling concrete is always a concern and the Board should not be taking this lightly. If chunks have fallen off onto your balcony, who is to say that more couldn't come loose and proceed to fall further onto the street and potentially hit someone. If your Board is not willing to take further action, I would contact the City building department to get them to make the condo comply.

This is potentially quite hazardous, regardless if you are only approaching it as an unsightly problem. Good luck.

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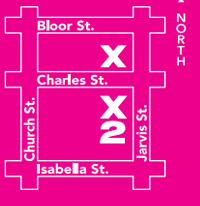

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BANANASTOCK/THINKSTOCK

YOUR ENTERTAINMENT HUB

Do you have tickets for a show at the TIFF Bell Lightbox? Is your favourite team playing at the Rogers Centre? Or are you heading out for a late dinner and then dancing at a club on John Street? It's all within walking distance when you live in Toronto's Entertainment District. And that's one of the reasons why this area is becoming as much a residential neighbourhood as it is an entertainment hub in the city.

According to Janice Solomon, executive director at the Entertainment District BIA, Toronto, the shift has been fast and furious and in line with the condominium developments that have gone up over the last several years.

"From recently completed to contemplated and proposed condominiums, we have over 42 active developments" — including the "game-changing" giant condo towers on King Street West unveiled recently by David Mirvish and Frank Gehry.

The area has been one of the key nodes of condominium apartment development in the downtown core, says Jason Mercer, senior manager, market analysis, Toronto Real Estate Board. "The key is the proximity to not only leisure opportunities but also to different employment and transportation opportunities."

The Entertainment District is generally bounded by University Avenue to the east, Queen Street to the north, Spadina Avenue to the west, and the Gardiner Expressway and Harbourfront to the south.

The neighbourhood has become extremely desirable particularly to young people, says Solomon, who want to live close to where they work but also to area restaurants, clubs and bars for the night life.

At the same time, "take a walk through the district on any given evening and there are a lot more families with strollers. People get addicted to the convenience and end up raising their families here."

Baby boomers comprise another layer of demographics — "they're taking a good look at coming back downtown because all the cultural attractions are within walking distance."

There's nothing more convenient than a condominium, says Solomon — you just lock your door and go.

"I don't think that too many cities have everything that we have in this compact, highly walkable area," says Solomon.

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Over the past two decades, Daniels has become one of Canada's pre-eminent builder/developers with a reputation for quality and integrity in all forms of residential construction. Named the Tarion Warranty Corporation's 2012 High-Rise Builder of the Year and the recipient of the 2012 Toronto Arts and Business Award presented by the Toronto Arts Foundation, Daniels has built more than 23,000 homes and apartments in a wide range of award-winning communities across the GTA. Daniels has played a key role in transforming the city's new cultural corridor with TIFF Bell Lightbox and Festival Tower Condominiums, which led the redevelopment of the entire Entertainment District, and have come to symbolize Toronto on the international stage.

Those seeking a film-inspired lifestyle 365 days a year will want to visit the Cinema Tower presentation centre at 325 Adelaide St. W. Hours are Monday to Thursday from noon to 6 p.m.; Saturday and Sunday from noon to 5 p.m.; Friday closed. For more information, call 416-203-2020 or visit cinematower.com.

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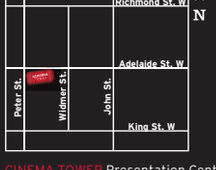

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metro
HOME RENOS
Thursday, October 11, 2012

Sleek and simple architectural details add maximum design impact and can become the focal point in any room. NEWS CANADA

Create a timeless look in your home

Like fashion, interior design trends change with the seasons. Each month, different colours and patterns become the new "it" look, inspiring us to overhaul our home décor.

Keeping up with the latest looks can be challenging, not to mention expensive. That's why it's important to remember that keeping your home décor modern isn't so much about buying trendy furniture as it is about being practical. Invest in timeless pieces that are suited to your lifestyle and create a calm environment.

Delta Faucet, a leader in beautifying home interiors, offers the following tips to make sure your space will always feel fresh:

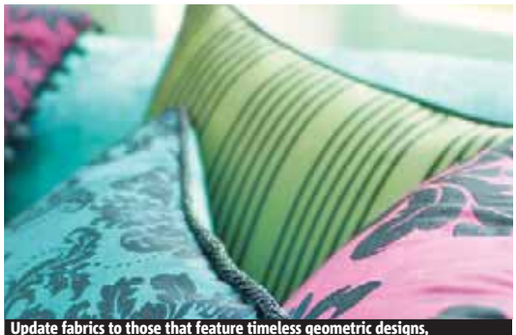
Make your home look more modern with new bathroom faucets. NEWS CANADA

Choose multi-functional products with hidden technology and beautiful design to create a modern feel. Think televisions hidden in cabinets, speakers mounted behind the wall, and sleek kitchen faucets with a hidden sprayer. Technology that seamlessly blends into a space will always feel new.

Consider incorporating accessories in shades such as clean green, saffron, ocean blue, and magenta to create a soothing atmosphere that will never feel tired.

"Adding sleek pieces in a colour that you'll always love — rather than a trendy colour — makes your style timeless, not to mention wallet-friendly," says Jo Alcorn, a Toronto-based interior design expert.

Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. All of these can instantly make a home more contemporary without a large investment.



Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. NEWS CANADA

Sleek and simple architectural details add maximum design impact and can become the focal point in any room.

"Paying attention to your hardware including cabinet handles, light fixtures and even faucets can play a huge role in making your place look more modern," says Alcorn.

When considering furniture, look for pieces with glass or painted wood, and materials like coloured acrylic, fibreglass, and chrome. These features will ensure your choices stand the test of time.

Nothing dates a space like clutter. Organize and store — or even neatly display — magazines, newspapers, and books. Electronic cords should be off the floor and not visible to keep your room looking neat and clean.

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Cooler weather. Weatherize your home

Air leakage within a home can send energy bills skyhigh with equipment working overtime to compensate. Regardless of season, your home may be susceptible to cracks that will allow the air inside escape or the outside air in. It is good to know how to effectively seal these cracks with the right materials and advice.

While every house has air leakage, it is sometimes difficult to find the source of the problem. One method is using a professional blower door test to find the significant leaks. The test will help you better understand which areas in your home require attention.

Caulking, sealing or weather-stripping could address those gaps, however, if there is significant leakage from your roof, attic or cellar, a professional should be consulted.

A spray foam insulation provider can give you the advice and materials needed for an effective seal against air leakage, airborne irritants and moisture build up.

Proactive measures can keep you in control of your energy bills while living comfortably.

NEWS CANADA

Find and caulk areas of your home where air might be leaking. ISTOCKPHOTO/THINKSTOCK

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Update your bathroom in a weekend

Many homeowners are looking to redo and update their homes, but with busy schedules, often only have time on the weekends. While a complete overhaul of the house might be unrealistic for this time frame, a bathroom makeover is completely doable. The following tips and tricks will show you how to be a weekend warrior without having to hire a professional crew for assistance.

Get Inspired

Home magazines and online resources, such as Pinterest, are filled with all the newest colour palettes, design themes and patterns to get your inspiration flowing. Utilize the many beautiful bath photos to find the theme or colour scheme that calls to you and run with it.

One-Stop Shop

Heading to only one or two stores is crucial, since your time should be spent renovating, not driving all over town for what you need. Planning ahead will lessen frustrations when you begin scouring the aisles.

Finding The Perfect Products

For a weekend makeover, focus on the following products:

- Paint: Be sure to choose a semi-gloss or bathroom-specific paint, since the steam from hot showers and excessive water flow can make the bathroom a harsh environment.
- Faucets: When selecting your faucet, consider style, finish, co-ordinating products, and quality. The Moen Boardwalk bath collection, for instance, features a blend of vintage design and classic lines for a stunning look in any bath.
- Showering: The shower is a place to escape and relax — so be sure to find products to enhance this space. Today's shower heads come in variety of designs — wall mount, handheld, multi-function, rain shower — or a combination of all. Find the one that suits your showering style and choose a finish to co-ordinate with the rest of your bath.
- Accessories: For added safety with style, try designer grab bars with accessories, which combine the safety benefits of a grab bar with one of three common bath essentials — a towel bar, a paper holder and a shelf — making each item functional and fashionable. Adding these discrete safety solutions will keep your bath looking great while still being practical. NEWS CANADA

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Be sure to wear the proper safety equipment when working around your home. NEWS CANADA

Ensure safety first at home

Taking on a do-it-yourself project can be a gratifying experience, especially once successfully completed.

"A key factor in DIY project success is careful research and safe execution," says Carla Bouchard, a broker with Royal LePage Metro in Moncton, N.B.

"After all, you will be sure to succeed if you know your products and take care of yourself first."

Bouchard recommends practising these five safety tips for DIY project success:

1 Dress with your safety in mind. Fortunately, serious injuries can be easily prevented with simple precautions. If you have long hair, tie it back. Remove jewelry and loose clothing that could get caught in machinery.

2 Wear a dust mask, respirator and safety goggles. Understand the materials you are working with and protect against inhaling dust particles or fumes. Similarly, safety goggles reduce the likelihood of sustaining optical damage or even blindness.

3 When working with electricity, wear rubber-soled shoes. Rubber acts as an insulator and reduces conductivity of electricity and your chances of electrocution. However, in most cases, electrical repairs are best left to professionals.

4 Keep any machinery and equipment in top shape. Drill bits, cutters, and other blades that are left to dull can cause serious injuries. Dull blades can bind or kick back. Keep your blades sharp and up-to-date.

5 Use ladders safely. For every four feet of height, your ladder should sit at least one foot from the vertical surface upon which it is leaning. Know the height of your ladder and situate it accordingly. Never step on the top two rungs of a ladder.

As Mike Holmes, professional Canadian contractor and television host, says: "Don't let disaster strike. Make it right!"

Before beginning any DIY project, be proactive, do your research and put your personal safety first. NEWS CANADA

4 SPORTS

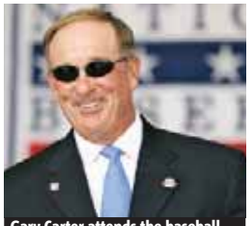
MLB. Expos great Carter to be honoured in Montreal

Montreal will name a street and a park after Gary Carter, the Hall of Fame catcher who defined the golden era of a once-beloved franchise.

Carter died in February of cancer at age 57.

On Wednesday, the city announced the details of its tribute to the player who starred with the now-defunct Expos for more than half of his career.

The street borders Jarry Park, where the Expos played for most of their first decade and where Carter made his big-league debut.



Gary Carter attends the baseball Hall of Fame induction ceremony in 2005. GETTY IMAGES

THE ASSOCIATED PRESS

Tennis

Federer flies in face of threats

Roger Federer ignored recent death threats from a Chinese blogger and won his opening match at the Shanghai Masters on Wednesday, beating qualifier Lu Yen-Hsun 6-3, 7-5 in the second round.

Federer has had heavy security surrounding him since arriving in Shanghai.

Twelfth-seeded Canadian Milos Raonic lost his second-round match to unseeded Marcos Baghdatis of Cyprus 7-6 (4), 6-7 (5), 7-6 (3). THE ASSOCIATED PRESS

NHL. Labour board deems lockout legal in Alberta

The Alberta Labour Relations Board has decided that the NHL's lockout of players from the Edmonton Oilers and Calgary Flames can continue.

The board said in a written ruling released Wednesday that forcing an end to the lockout for two members of a 30-team league would be unlikely to solve the dispute between the NHL and the players' union.

"It is our expectation this is nothing more than an unhelpful distraction from their efforts," the ruling said.

"An order declaring the lockout to be in violation of the (Alberta Labour Relations) Code would have no positive impact on this dispute."

The NHLPA had wanted the board to rule the lockout illegal in Alberta. THE CANADIAN PRESS

In New York

The NHL and the NHLPA met for five hours Wednesday but the talks did little to move the sides closer to a deal to end the lockout.

Cardinals' Carpenter builds on sterling playoff legacy

MLB. Surgically repaired ace leads St. Louis to 2-1 NLDS lead in D.C.

Game 3

Cardinals	Nationals
8	0

Chris Carpenter was every bit the post-season ace he's been in the past for the St. Louis Cardinals.

Taking the mound for only the fourth time in 2012, missing a rib after surgery to cure numbness on his right side, the 37-year-old Carpenter pitched scoreless ball into the sixth inning, rookie Pete Kozma delivered a three-run homer, and the defending champion Cardinals beat the Washington Nationals 8-0 Wednesday to take a 2-1 lead in their NL division series.

"If the baseball world doesn't know what an amazing competitor he is by now, they haven't been paying any attention," Carpenter's teammate Matt Holliday said. "Every guy on this team has watched him work his way back, watches him in between starts. He's a stud. Just a guy that you want out there."

All in all, it was quite a damper on the day for a Nationals Park-record 45,017 red-wearing, towel-twirling fans witnessing the first major league post-season game in the nation's capital in 79 years.

Three relievers finished the shutout for the Cardinals, who can end the best-of-five series in Thursday's Game 4 at Washington.

"We're not out of this, by a long shot," Nationals manager Davey Johnson said. "Shoot, I've had my back to worse walls than this."

THE ASSOCIATED PRESS

Cardinals pitcher Chris Carpenter reacts after hitting a double in the fifth inning in Washington on Wednesday. Carpenter had two hits and pitched 5 2/3 innings in the St. Louis victory. ALEX BRANDON/THE ASSOCIATED PRESS

Giants bats come alive to force do-or-die game

Tim Lincecum of the San Francisco Giants pitches against the Cincinnati Reds Wednesday in Cincinnati, Ohio. ANDY LYONS/GETTY IMAGES

Facing elimination again, the San Francisco Giants came out swinging. Got a saving relief appearance from Tim Lincecum, too.

Angel Pagan led off the game with a home run, Gregor Blanco and Pablo Sandoval connected later and the Giants beat the Cincinnati Reds 8-3 on Wednesday, evening their NL division series at 2-all.

Lincecum, the two-time Cy Young winner relegated to the bullpen, also delivered. He entered in the fourth with the Giants ahead 3-2, struck out six while giving up just one run in 4 1/3 innings, and allowed his team to pull away.

"I knew he would play a huge role in this," manager Bruce Bochy said. "And I know of other situations where starters have been in the 'pen and really done a great job to help their team win. We knew Timmy would play a critical role in the series like he did tonight."

Pagan added: "Thanks to the win today, there will be a tomorrow. And we are ready for that."

Matt Cain, who lost the series opener and has yet to beat the Reds in three tries this season, will start Game 5 against Mat Latos.

THE ASSOCIATED PRESS

Shot at history

The Giants can complete an unprecedented comeback on Thursday.

- No team has recovered from a 2-0 deficit in a best-of-five series by winning three on the road, according to STATS LLC.

She's got the look

Top, Audrey Tannant of the Adult Safe Hockey League's Ice Queens has a beer in the dressing room following a night match last week at 8 Rinks in Burnaby, B.C. JENNIFER GAUTHIER/FOR METRO

1 Cheap swill is just fine.

There is a reason it's not called a water league. Is there anything more satisfying than that first icy-cold (or even lukewarm) sip after a mid-week, midnight game? The best part is that it doesn't even have to be a decent beer. In fact, one might argue, the cheaper the better. After the hard-fought on-ice battle — the war — you've just gone through, even the cheapest swill is transformed into liquid gold.

2 Nuts to fashion.

So the socks don't match. Where am I, in a boardroom? At somebody else's boring wedding? If they have time to judge, they're not skating hard enough. And those aren't rips — they're speed holes, man. Watch me fly.

3 Street clothes – ahhhhhh!

The game is done. It's late and it's time to go home. As much as you'd like to wear your gear home, you're no longer eight years old. But on the plus side, when have your clothes ever felt as good? What happened while you were on the ice that transformed your tired threads into some sort of wonder cloth? Ahhhhh!

METRO IN VANCOUVER

Beer-league bonanza: Any time is hockey time

Sure, the NHL's regular season was supposed to start today. It may be on ice, but there's just no stopping the hordes of hockey-mad folks across the country so devoted to their local beer leagues they'll pay big bucks to play. They're drawn by the leagues' time-tested mix of camaraderie, competition and even haphazard sporting fashion — all topped off by the obligatory post-match drinks. As just one example of the scale of the phenomenon, Toronto's True North Hockey League boasts 10,000 members, all raring to play at the drop of a puck

ALEKSANDRA SAGAN
toronto@metronews.ca

Twenty-two years ago, Steve Edgar co-founded Toronto's True North Hockey league — a massive conglomerate of Torontonians eager for ice-time and socializing with other hockey fanatics.

"From this little bacteria came this giant league," says Edgar.

In 1990, the league started with just 20 teams. Now, more than 10,000 players make up over 600 teams, playing during the summer and winter seasons.

"We're getting (players from) every walk of life you can possibly imagine," says Edgar. "Everybody who wants to be Canadian. How best to be Canadian? Play hockey."

The TNH league has 12 divisions separated by skill level. Absolute beginners — who must know only how to skate forwards and stop in one direction — join a beginner team and complete 10 weeks of hockey drills, 10 weeks of games and finish the season with a tournament.

All other teams play a minimum of 24 games, including at least two playoff matches. Everyone makes the playoffs, says Edgar, and a team must lose two playoff games to be eliminated.

All teams can be co-ed and every player must be 19 years or older. Teams with a full roster can register together, or a single player can register and the league will place him or her on a team.

Depending on which weeknight a team plays, its registration fee varies between $7,500 and almost $8,000. Each team determines how to divvy up their fee, which covers scheduling, referees, administration, awards, playoffs and discipline.

While the games are fun, the social life is a big part of the draw too, says Edgar. He says almost all the teams head to their local bar post-matches to indulge in a few beers. "Seriously, it's the most fun you could have with your clothes on," says Edgar, who plays for two teams in the league.

Robert Disher, a teammate of True North Hockey league co-founder Steve Edgar, has been playing for the league since 1993. To read about Disher's pre-game superstition, see page 67. ALEKSANDRA SAGAN/FOR METRO

Quoted

"Seriously, it's the most fun you could have with your clothes on."

Steve Edgar, co-founder, Toronto's True North Hockey League

Online

For more news, visit metronews.ca

Anyone can play

The first time Sharon Mejia took to the ice some 20 years ago, she got no thrill. "I was frightened and it was cold," the Guatemalan immigrant says of the day she wore skates borrowed from her brother's friend. "I remember hanging on to the boards for dear life and then it happened, I fell!"

But the fall wasn't as bad as she expected, she says, and from that point she embarked on a skating journey that made her part of a high-school hockey team. Today, Mejia, 34 and a resident of Toronto, takes pride in the two years she spent on a team. She doesn't play hockey anymore but says she wouldn't shy away from doing it for charity or introducing her nephew to the ice.

"It isn't an easy sport to learn but once you do it, no one can take that away from you," she says. Her story is not unique. John Gardner, president of the Greater Toronto Hockey League, says the league hears from beginners and new Canadians who want to play amateur hockey.

"It's a healthy thing," he says, encouraging people to get involved. The league counts approximately 40,000 players.

GILBERT NDIKUBWAYEZU/FOR METRO

Go big and go home. Up the ante with a kick-ass backyard rink

Competition among Ottawa backyard rink rats may be friendly, but it's undoubtedly high-calibre. Exhibit A: Barrhaven, Ont.'s Willie Klentz, who takes over two backyards, hosts a tournament and installs boards and painted blue-lines.

But never fear — beginners can aim for something a bit more modest. Ottawa father of two Chris Foss says he started out with a small 10-by-10-foot rink, and this year will upgrade to a 12-by-24-foot model. Foss says he starts levelling out the ground in mid-November if needed, then constructs a wooden perimeter to which he can staple a tarp. He uses pressure-treated two-by-10-foot boards for the perimeter and deck brackets, and screws to join them together.

"Then it sits and we wait until it gets to be about -10 C. Then you flood it, but you have to go slow — only freeze about an inch at a time," he advises. Go any faster, he says, and it can lead to a frozen shell on the surface and water underneath.

Left, Chris Foss's sons Alexander, 3, and Brenden, 5, play on the 2011-12 edition of their Ottawa backyard rink. CHRIS FOSS/CONTRIBUTED Right, Barrhaven, Ont., resident Willie Klentz shows off the elaborate rink he constructed on his backyard and that of his neighbours. MIKE CARROCETTO/FOR METRO

To do the flooding, he went to Home Depot and bought a hose that can withstand hot water; he runs it from a tap in his basement laundry room out a window to the rink.

Foss aims for about a five-inch-thick ice sheet, but says three inches is enough. It's usually ready a few days before Christmas, he says, adding that maintenance amounts to clearing off snow and the occasional re-flooding. He recommends an Ottawa invention, a miniature ice resurfacer available at rinkmakerpro.com, for an extra-smooth surface.

SEAN MCKIBBON/METRO IN OTTAWA

Why are we so passionate about hockey?

"It's who we are in our eyes and in the eyes of others around the world. Despite the rivalries between teams, hockey still manages to bring the people of this country together.... No other sport is as ingrained into the Canadian identity and Canadian history as is hockey."

Lori Dithurbide, assistant professor at Dalhousie University with a PhD in sport and exercise psychology

Rink rage

Mr. D's not just another pretty face in beer leagues

Gerry Dee, an award-winning comedian who has a new book out and is set to go on tour, says he avoids playing "risky" sports like beer-league hockey at least a month before filming. CONTRIBUTED

When NHLers get a black eye or a cut on their face, they don't have to explain it at work the next day. But it's a different story for beer-league hockey players like Gerry Dee.

Dee, an award-winning comedian and star of CBC Television's hit sitcom Mr. D, runs the risk of going on camera looking like he got into a bar fight every time he plays beer-league hockey.

"My job is my face, really — my face and my voice," says Dee after recalling some of the bumps and bruises he's racked up over the last decade.

It's bound to happen. When adrenaline's pumping in a rink chock full of men, injuries and minor scuffles tend to happen. Dee says one incident he recalls most was a fight with Metro's photo editor Dave Starrett a few years ago.

Tempers flared, a fight (or altercation, as Starrett stresses) ensued.

"I remember being able to pull his helmet around his face. And it was funny, he was screaming, 'Not my face! Not my face!'" says Starrett. "I remember that more than anything else in this whole event."

Dee ended up rushing to an emergency dentistry clinic to fix a loose tooth that was "hanging by a thread" before going home with a swollen lip and all the less-than-subtle dental wiring.

"I had wires across my teeth, my lips were black and blue," he says. "It was the night before my wife and I were taking my daughter to Disney World."

But Dee says the thought of keeping his face intact for professional purposes never even crossed his mind at the time. Besides trying to save his tooth, nothing else matters when tempers are running high, he says.

"Your temper gets the best of you," he says. "Your instinct is to go back and fight. It depends on the situation, I guess. Now I've got a TV show — I can't have a busted jaw."

While Dee had time to heal on vacation after the incident with Starrett, he says he now takes more precautions and avoids any "risky" activities a month before he starts filming. But even if he did get a black eye, Dee says it's not something he'd try to hide.

"What am I going to do, put a patch on my eye? You can get a black eye from getting a puck in the face. It doesn't always mean it's a fight. It could be from a stick or puck," he says. "It's not the end of the world. It's Canada — we're used to it.... Most guys in this country have played beer-league hockey and have some sort of battle scar from a puck, a fist or a stick, or the boards, as I've had happen." **PHOEBE HO/FOR METRO**

Sacrificing Z's for late-night puck time

No NHL pampering for pickup players

In Canada, ice time at local rinks is a prized possession. It's especially scarce for those who fall under the post-minor-hockey umbrella.

Because of that reality, men's and women's pickup leagues — commonly referred to as "beer leagues" — tend to rent during less-desired time blocks.

Adam Couston, a 25-year-old from London, Ont., who signed up for two recreational leagues this winter, will step onto the ice twice a week at 11 p.m.

Sometimes he won't be home until 1 a.m., eliminating the possibility of a good night's sleep. When you tack on the obligatory wind-down period before being able to fall asleep, you're looking at long-term-nap territory.

"The one summer I was working from 6 a.m. to 6 p.m., so I would be working a 12-hour shift after playing late the night before," Couston said, adding he's been guilty of sleeping through classes in the past. But work is different, he says: "You've gotta go."

In the end, a lack of sleep is merely the non-monetary price to pay.

JOHN MATISZ/METRO IN LONDON

The Toronto Maple Leafs' Phil Kessel
THE CANADIAN PRESS FILE

Ice time for all

$6M

Toronto Maple Leafs sniper Phil Kessel would have made $6 million US in 2012, if it weren't for the strike. That is enough to buy 10,000 Bauer Vapor X 7.0 Senior Ice Hockey Skates.

Net worth. Goalie makes the grade

In hockey circles, many say it's the hardest position.

Well, at least to fill with a body in a beer league.

"A big reason why I play in net is because I got the gear for free," says Trevor Lamoureux as he gazes over his well-used equipment. "My buddy hurt his knee and just gave it to me."

The equipment can be pricey, the position a honed skill, and yet a huge reason why the goaltender spot is the hardest to fill in any rec league remains beyond the obvious.

"No one is foolish enough," says the 33-year-old carpenter and concrete worker while cracking a smile. "You have to be reliable in net. When I can't make it, they have to find another goalie. That can be tough. Thankfully, this year I haven't missed one yet."

And like many rec leaguers, Lamoureux is just biting the bullet for the betterment of his team.

"Nobody else would go in net, so I did. It's funny. I'd rather play out when I'm in net, and play in net when I'm out. You don't have to be relied on so much when you play out. You go out and do your shift and come back to the bench. You always have to be reliable in net." **DARRIN BAUMING/FOR METRO IN WINNIPEG**

Trevor Lamoureux said he became a goalie after inheriting the equipment.
DARRIN BAUMING/FOR METRO IN WINNIPEG

Psyched to win

Packing it right part superstitious ritual

Robert Disher is one of the True North Hockey league's longtime athletes. He has been playing for the Toronto league since 1993 — three years after Steve Edgar co-founded it.

He is one of the rare few players who does not stick to many superstitions, he said — except for one.

"I always, always — ever since I was a little kid — pack my bag the same way," said Disher. First are his shoulder pads inside his hockey pants, then elbow pads inside his shoulder pads, next are his gloves inside his helmet, and then his shin pads, he said. The list goes on, until he places his towel and toiletries into a side pocket of his hockey bag.

In his 19 years playing with the TNH league, Disher said he has seen a lot of superstitious behaviour among his teammates.

"I see other guys, they do all their stretching in the dressing room beforehand.... Some guys put on their equipment in a certain way," he said. "Some guys, they come out on the ice and they do a weird skating routine to warm-up."

ALEKSANDRA SAGAN/FOR METRO

Clean at last: Former Armstrong teammate Barry dishes on doping

Cycling. Toronto native one of 11 to testify against cyclist who won and then lost seven Tour de France titles

Michael Barry GETTY IMAGES FILE

Cheating was never part of Michael Barry's cycling dream. But once on the pro circuit, the Toronto native soon found it was part of the sport's reality at its highest level.

"My first year on the (U.S. Postal Service) team I was clean but I saw what was going on around me," Barry told The Canadian Press in an interview from his home in Spain.

"I figured out my roommates were doping," said Barry, who joined the Lance Armstrong-led Postal team in 2002. "And then it started to wear on me, seeing all the drug use around me and I was suffering, I wasn't performing that well.

"And then the next season, one of the riders suggested that I might want to try using some EPO (a banned blood-boosting hormone) and testosterone. Eventually I approached the doctors and asked them. And it was supplied to me."

Barry, 36, says he stopped doping in 2006, but he has been forced to live a lie ever since.

Until Wednesday, when the U.S. Anti-Doping Agency revealed that Barry was one of 11 former teammates who had testified against Armstrong.

Barry's 16-page affidavit lifts the lid on the U.S. Postal Team doping. What starts with him finding used drug paraphernalia in a teammate's apartment eventually leads to the Canadian doping himself.

As for Armstrong, Barry says he can't offer much.

"I can't comment on Lance because I never saw him dope and I don't know what he did," he said. "But if he is lying, I hope he comes clean. For me personally, it feels good to be honest and to not have to live a lie anymore."

But in his affidavit, Barry does say teammate David Zabriskie told him about a time that fellow Postal rider Floyd Landis "had to babysit bags of Lance Armstrong's blood while Lance was out of town to make sure the blood did not go bad."

He says Armstrong emailed him in 2010 after both were implicated in doping allegations from Landis. Barry says Armstrong asked him if he would testify there was no systematic doping on their team.

The USADA has banned Armstrong for life and says his seven Tour de France victories are nullified.

In the wake of his admissions, Barry has received the minimum six-month suspension. THE CANADIAN PRESS

Quoted

"I used EPO and testosterone off and on from 2003 until 2006." Cyclist Michael Barry, in his affidavit to the U.S. Anti-Doping Agency

Case against Armstrong

USADA outlines its evidence

The U.S. Anti-Doping Agency released a report Wednesday on its case against Lance Armstrong — a point-by-point roadmap of the lengths Armstrong went to in winning seven Tour de France titles USADA has ordered taken away.

Over nearly 200 pages, USADA details cheating by Armstrong's teams and names 11 former teammates as key witnesses.

The report accuses Armstrong of depending on performance-enhancing drugs to fuel his victories and "more ruthlessly, to expect and to require that his teammates" do the same.

Armstrong did not fight the USADA charges but insists he never cheated.

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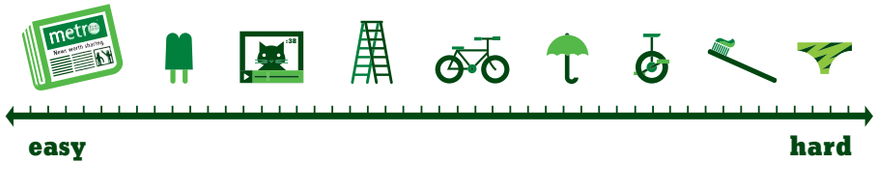

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Horoscopes

♈ Aries
March 21 - April 20
The only thing that can hold you back is a negative attitude to life. No matter how tough things may be, or you think they may be, make sure you look on the bright side — and your day will be brighter too.

♉ Taurus
April 21 - May 21
Promise yourself now that no matter how much certain people may annoy you, it is not going to change what you do. Also, don't lose your temper. If you do, it means they will see it as a victory.

♊ Gemini
May 22 - June 21
Don't be too eager to change things today because the planets indicate you will just have to change them back again later. On the work front, especially, you are advised to sit tight and not rock the boat — yet.

♋ Cancer
June 22 - July 23
Something is worrying you to the extent that you can't get it out of your head. You of all people should know it's not healthy to dwell on negative thoughts, so focus your mind on something more uplifting.

♌ Leo
July 24 - Aug. 23
Watch what you spend today: Cash will slip through your fingers so easily. Neptune in the wealth area of your chart brings lessons about the true value of money and possessions . They don't have to be hard lessons.

♍ Virgo
Aug. 24 - Sept. 23
There is a danger that your imagination will get the better of you and before you know it, you will be off in la-la land with all the other fantasists. You don't want that. Keep your head out of the clouds.

♎ Libra
Sept. 24 - Oct. 23
Others are going to misunderstand you today, willfully or otherwise, so it probably does not matter what you say or do. Everyone has an opinion but that does not mean you have to listen to them all.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn in your sign is linked to Neptune, planet of generosity, so make sure that what you give, either as a gift to a friend or as charity to a stranger, is put to good use. Don't just give and forget.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have got it into your head that you owe other people more than they owe you. That's highly unlikely to be true. The fact is you owe nothing to anyone — except, of course, to yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Are you seeing things as they really are or is your mind painting pictures that are designed to make you feel good? Your task today is to recognize life for what it is, not what you wish it might be.

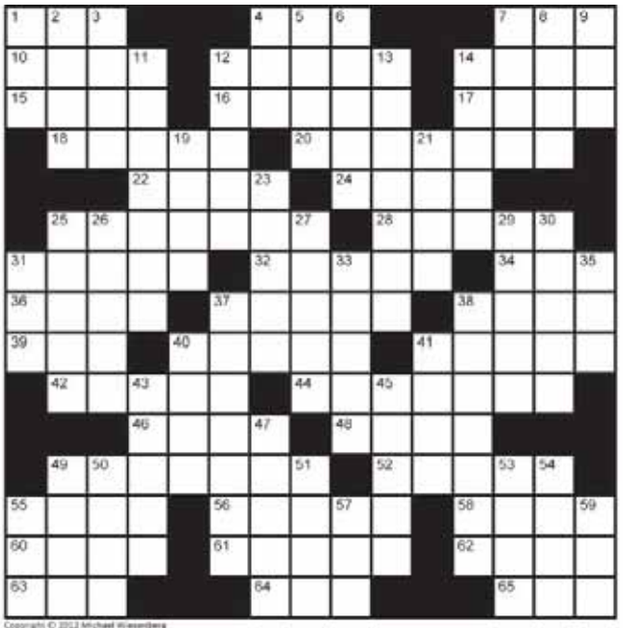
♒ Aquarius
Jan. 21 - Feb. 19
It's not easy seeing things form another person's point of view, especially when your own outlook is somewhat rigid, but you must make the effort today. If you do, what you see will both delight and enrich you.

♓ Pisces
Feb. 20 - March 20
Do not give up on a project that seems to have ground to a halt. Maybe it has, but the planets say is only a temporary delay and one that may even benefit you in the long term.

SALLY BROMPTON

Fun Stuff

BY MICHAEL WIESENBERG



Across
1. Halloween's month: abbr.
4. The ___: Canada's largest department store, familiarly
7. Whirlpool site
10. Excite, as an appetite
12. "Dear Sir or ___"
14. Blacken in a pan
15. Biblical ark builder
16. BC neighbour to the south
17. Need
18. Activate, as an elevator button
20. 8 miles from Lake Louise, this lake has the same blue-green color and is named from the rockpile at one end
22. Wowed
24. Rowboat equipment
25. Canada's most populous province
28. Post-___ drip: cold symptom
31. Morning ___: climbing flower
32. 4th month
34. "Are we having ___ yet?"
36. *Garfield* comic strip dog
37. Puts money into a poker pot before cards are dealt
38. Mexican restaurant fare
39. ___ Moines, Iowa
40. Easy to see or understand
41. Tiny bits, from a Greek letter
42. Detox center
44. Midpoints
46. Mined materials
48. Boozehound
49. Stuck (to)
52. Apartment owned by a resident
55. Biblical Jacob's brother
56. It's often stranger than fiction
58. Distinctive flavour
60. Business group
61. Holding a higher position than
62. Heavy-metal vocalist Osbourne
63. Beach pursuit
64. Air leak sound
65. End-of-summer mo.

Down
1. Possess
2. Cut with an ax
3. Rip, as paper
4. Evil
5. Comic Sandler
6. Google competitor
7. Bond portrayer Connery
8. Window unit
9. Statues and paintings, e.g.
11. IMAX ___
12. Ebenezer Scrooge, for one
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Cheese with holes
19. Bend with the breeze
21. Shrinking Asian inland sea
23. Mother of William and Harry
25. More aged
26. Racket
27. Eye related
29. "___ worse than death" (2 wds.)
30. *Star Wars* creator George
31. Deity
33. Sign up for more magazine issues
35. 1, 2, 3, etc.: abbr.
37. Canada's fourth-largest province
38. Biggest city in 25-Across
40. Peel, as an apple
41. Pay ___ mind: disregard (2 wds.)
43. [Yawn]: (2 wds.)
45. Specialized market
47. Belgrade citizens
49. Where to find Siberia
50. "Heck"
51. Batman and Robin and Abbott and Costello
53. Haagen-___ ice cream
54. Entre dix et douze
55. Lizard often found in crossword puzzles
57. Boob tubes
59. Cheat

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	8				6	5		
7			3	9				4
					7	6		
		7		8				3
	4						6	
8				1		7		
		2	4					
4				7	5			1
		3	2				5	8

Yesterday's Sudoku

Today 14°/3° Showers 60%
Friday 9°/1° Partly cloudy
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ON SELECT MODELS

HIGHWAY 4.9L/100 KM 58 MPG▼

Limited model shown

IT'S NO COMPETITION.

	2013 Hyundai Elantra Sedan L	2012 Honda Civic Sedan DX*
Fuel Economy	**HWY: 4.9L/100km 58 mpg▼**	HWY: 5.4L/100km 52 mpg▼
Horsepower	**148 hp**	140 hp
Passenger Volume	**2,707L**	2,677L
Cargo Volume	**420L**	353L
Basic Warranty	**5-Year/100,000km**	3-Year/60,000km

2012 CANADIAN & NORTH AMERICAN CAR OF THE YEAR

2013 ELANTRA SEDAN

SELLING PRICE: $17,480* ELANTRA L 6-SPEED MANUAL. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

OWN IT **$99** BI-WEEKLY PAYMENT | WITH **0.99%†** FINANCING FOR 84 MONTHS | AND **$0** DOWN PAYMENT

HIGHWAY 4.9L/100 KM 58 MPG▼

SE with Tech. shown

2013 ELANTRA GT

INCLUDES: DRIVER SELECTABLE STEERING (DSS) • AIR CONDITIONING • 7 AIRBAGS • HEATED FRONT SEATS • CRUISE CONTROL • SIRIUS XM® RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • COOLED GLOVE BOX

SELLING PRICE: $20,780* ELANTRA GT GL 6-SPEED MANUAL. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

OWN IT **$118** BI-WEEKLY PAYMENT | WITH **0.99%†** FINANCING FOR 84 MONTHS | AND **$0** DOWN PAYMENT

INCLUDES AIR CONDITIONING

HIGHWAY 4.9L/100 KM 58 MPG▼

Tech. model shown

2013 VELOSTER

INCLUDES: AIR CONDITIONING • 7" LCD TOUCH-SCREEN MULTIMEDIA SYSTEM WITH AM/FM/SIRIUS XM®/CD/MP3 PLAYER WITH 6 SPEAKERS • REARVIEW CAMERA • BLUETOOTH® HANDS FREE PHONE SYSTEM • 17" ALLOY WHEELS • iPOD®/USB/AUXILIARY INPUT JACKS

SELLING PRICE: $21,130* VELOSTER 6-SPEED MANUAL. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

2012 AJAC BEST NEW DESIGN
2012 AJAC BEST NEW SPORTS/ PERFORMANCE CAR (UNDER $50K)

0.9%† FOR **48** FINANCING MONTHS

INCLUDES AIR CONDITIONING

HIGHWAY 5.6L/100 KM 50 MPG▼

Limited model shown

2013 SONATA GL

INCLUDES: 6-SPEED AUTOMATIC TRANSMISSION • AIR CONDITIONING • HEATED FRONT SEATS • AUXILIARY MP3/USB/iPOD® INPUT • SIRIUS XM® RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM

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OWN IT **$139** BI-WEEKLY PAYMENT | WITH **0%†** FINANCING FOR 84 MONTHS | AND **$0** DOWN PAYMENT

INCLUDES AUTO & AIR

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JUST ARRIVED

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Limited model shown

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STARTING FROM: $28,395* SANTA FE 2.4L FWD AUTO. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

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